WHAT'S IN THEIR LUNCHBOXES? AND HOW CAN YOU MAKE IT BETTER? {page 25}

FORMER ATTORNEY GENERAL GIVEN REINS OF MISSING-WOMEN INQUIRY {page 3}

SMITTEN COULD WINSLET BE READY TO WED AGAIN? {page 16}

VANCOUVER metro®

Wednesday, September 29, 2010
www.metronews.ca

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B.C. sex workers applaud ruling

Ontario judge strikes down three federal prostitution laws Several women's groups decry decision, saying it contributes to continued exploitation of women

JEFF HODSON/METRO VANCOUVER

▶ PACE executive director Kerry Porth, second from left, at the Interurban Gallery in Vancouver yesterday, with other supporters of a court ruling that deemed federal prostitution laws to be unconstitutional.

JEFF HODSON
@METRONEWS.CA

Sex worker groups in Vancouver celebrated after a decision by the Ontario Superior Court yesterday ruled that three of Canada's prostitution laws are unconstitutional because they put sex workers at risk.

"These laws were hurting sex workers, it is time to stop criminalizing them," said Katrina Pacey, a lawyer with Pivot Legal Society. The ruling, which should have implications across the country, makes it legal — pending an appeal — for prostitutes to communicate with clients, work in groups and live off their earnings.

MORE COVERAGE, PAGE 6

Metro Travel

Take a look at the big wide world

Chasing winter storms in Tofino A last hurrah for 'Mr. Showmanship' A TV revival for Atlantic City Sexy spots to stay, and more {pages 18-22}

Players really give it their all

Canada shows its fair play at soccer's Homeless World Cup {page 4}

Avoiding shock at the gas pump

Carmaker hopes to combine price and performance {page 28}

Taking 3-D to the streets

New dance flick leaps off the screen {page 14}

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Cancun 7 Nights 4.5-Star	from $645 + taxes & fees $290
Los Cabos 7 Nights 5-Star	from $655 + taxes & fees $290
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Panama 7 Nights 4-Star	from $1059 + taxes & fees $236

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Mexican Riviera
7-Night Cruise — from $474^ + taxes & fees $60^
CRUISE roundtrip Los Angeles and visit Los Cabos, Puerto Vallarta & Mazatlan.

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Havana Air + 7 Nights — from $395 + taxes & fees $216
INCLUDES transfers and central accom.

Rio de Janeiro
Air + First 4 Nights — from $1279 + taxes & fees $201
INCLUDES beachfront accom located between trendy Barra da Tijuca and famed Ipanema Beach. **BONUS** includes breakfast.

Buenos Aires
Air + First 6 Nights — from $1359 + taxes & fees $267
INCLUDES accom in the heart of downtown Buenos Aires. **BONUS** includes breakfast and free internet.

Singapore & Bangkok
Air + 10 Nights — from $1659 + taxes & fees $556
INCLUDES air to Singapore, Bangkok and Phuket, 3 nights in Singapore, 3 nights in Bangkok, and 4 nights in Phuket. **ADD** Phuket Island tour from $65.

Hong Kong & Bali
Air + 10 Nights — from $1799 + taxes & fees $230
INCLUDES air to Hong Kong and Bali, first 2 nights and last night in Hong Kong and 7 nights in Bali with daily buffet breakfast. **ADD** white water rafting tour in Bali from $42.

Weekend Getaways

Whistler
Annual Turkey Sale, 1-Night
from **$79**
taxes & fees included
INCLUDES 4-star central accom during the annual Turkey Sale for ski and snowboard equipment.

Seattle October Long Weekend
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INCLUDES 4-star accom heart of the retail & theater district.

Tofino Remembrance Day Weekend
3 Nights — from $399 taxes & fees included
INCLUDES beachfront condo-style accom during storm watching season.

Montreal Remembrance Day Weekend
Air + 3 Nights — from $679 + taxes & fees $173
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Las Vegas Air + 4 Nights
from **$265**
+ taxes & fees $109
INCLUDES direct air from Vancouver and accom on the Strip. **UPGRADE** to 4.5-star accom from $25 per night.

Phoenix Air + 3 Nights — from $399 + taxes & fees $115
INCLUDES resort-style accom close to golf and shopping.

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Red mittens get a makeover

They're ba-ack.

The iconic red Olympic mittens, which sold out faster than staff could re-stock them during the 2010 Games, have returned to stores across Canada — but with a design twist.

The souvenirs are still $10 but this time feature a white maple leaf that wraps around each hand, with the word Canada written on the cuff.

More than 3.3-million pairs of the first version of the mittens were sold last spring. Oprah Winfrey even handed out pairs to her studio audience at the time.

Red Mitten Ambassador and rower Adam Kreek, who won gold at the 2008 Summer Games, said people can register their mittens online at hbc.com/redmittens and enter to win a trip to the 2012 Games in London.

"The energy of an Olympic city is electric," Kreek said. "If you missed out on Vancouver, or you want more of that incomparable Olympic energy you experienced, here is your chance."

Proceeds from the sale of the mitts benefit the Canadian Olympic Foundation.

They can be bought at the Bay, Zellers and Home Outfitters.

KRISTEN THOMPSON

LARRY MACDOUGAL/THE CANADIAN PRESS

▶ Canadian bobsled Olympian Chris le Bihan holds up the new Olympic red mittens in Calgary yesterday.

Oppal to head inquiry into missing women

Native Women's Association of Canada will begin consultations on broader concerns of marginalization ahead of 2011 national conference

Former judge and attorney general Wally Oppal will head a public inquiry into Vancouver's missing women, the province announced yesterday.

"Absolutely horrific crimes took place," said Oppal, who retired from the province's highest court in 2006 to run for the provincial legislature. "The victims were vulnerable women, many of them aboriginal women who were disenfranchised. I want to find out if those complaints were dealt with fairly."

The commission's report is due at the end of 2011.

Attorney General Michael de Jong applauded Oppal's "impeccable track record of public service" and his ability to empathize with victims, calling him a "very human" judge.

The inquiry will look into the police investigations into the missing women between January 1997 and February 2002 and the 1998 decision by the Crown to stay charges against Robert Pickton for the aggravated assault of a sex worker.

It will cost around $3 to $5 million and will recommend changes to how missing-women complaints and suspected serial killings are handled in the future.

JEFF HODSON

"The most difficult question of all is how a serial murderer was able to prey on his victims for so long while so many women went missing and ultimately were murdered."
ATTORNEY GENERAL MICHAEL DE JONG

JEFF HODSON/METRO VANCOUVER

▶ Former attorney general Wally Oppal has been chosen to lead a public inquiry into the city's vanished women and the Robert Pickton investigation.

Review launched into RCMP conduct in jail-sex incident

An inquiry has been launched into the conduct of four RCMP officers accused of watching two female inmates having sex in a Kamloops jail cell.

The officers and three civilian workers have been suspended with pay and are facing a criminal investigation.

Ian McPhail, interim chair with the Commission for Public Complaints, said an independent civilian will be appointed to investigate the incident.

The inmates were picked up on public intoxication charges.

KRISTEN THOMPSON WITH FILES FROM THE CANADIAN PRESS

Details

- RCMP say it will also conduct an internal code of conduct review of the four officers, including a corporal with 20 years of experience.
- It's unclear how or if the inmates knew each other before being arrested.

News in brief

Students back after death

NORTH DELTA. Students in North Delta returned to their school yesterday for the first time since 15-year-old Laura Szendrei was beaten to death at a local park. Police kept a visible presence at schools.

METRO VANCOUVER

Man assaulted at auto shop

RICHMOND. A 31-year-old Seattle man was hit over the head with a pipe after complaining at a Richmond auto shop about substandard work done on his wife's vehicle. RCMP arrested a 40-year-old man and found a stolen motorcycle, and $12,000 worth of stolen highchairs and strollers at the business.

METRO VANCOUVER

1 news

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Michaëlle Jean reflects on her five-year term as Governor General. Video at metronews.ca/canada

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America's only operational zeppelin gets put to work on a surprising job. Scan code for story.

Homeless players give away last $18

- Big-hearted team wins Fair Play Award at 2010 Homeless World Cup
- Canada's homeless 'babied' compared to other nations, players say

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

Canada's eight-player homeless soccer team said participating in the Homeless World Cup was a wake-up call.

The team returned from Rio de Janeiro yesterday, saying the trip was incredible, but also a shock.

Canada's team, all from Vancouver's Downtown Eastside, witnessed firsthand how homeless from some of the 47 competing countries receive no support from their governments, including in Brazil, said player Richard Mountain.

"Down there, if you want something, you have to work for it really hard," he said.

STEPHANIE ORFORD/FOR METRO VANCOUVER

▶ Team Canada players Richard Mountain, left, his son James and Patrick Oleman show off the Fair Play Award at the Downtown Eastside's Life Skills Centre yesterday.

The Canadians did their best to bridge the gap. Co-captain Patrick Oleman gave his last $18 to members of the Poland team.

"None of them had money and they all saw us going out for burgers," he explained.

"We're well-known for fair play and sportsmanship, and giving everybody respect," said Kevin King, the team's goalie and co-captain.

Canada even lent their shoes to the Italian team.

Despite its poverty, Brazil won in both men's and women's divisions.

The Canadian team also played against Brazilian street kids during their time off from the tournament.

"Holy smokes, these kids could move better than we could," said King.

Send us feedback at vancouverletters@metronews.ca

News in pictures

PHOTOS
1. RCMP
5. RCMP

1 The driver of a Ferrari clocked at almost 200 km/h while going up Mt. Seymour last Saturday has lost his ride for seven days. RCMP say the Vancouver man also faces almost $1,000 in fines. ● METRO VANCOUVER

2 A mudslide has closed the Trans Canada Highway just east of the Rogers Pass Summit. Heavy rains have also closed Highway 20 near Williams Lake and several roads on Vancouver Island. ● KRISTEN THOMPSON

3 The Downtown Vancouver Business Improvement Association says its representatives will speak against the proposed separated bike lanes for Hornby Street next week. ● METRO VANCOUVER

4 Raw milk was served just outside the Chilliwack office of the Fraser Health Authority by an Ontario man. Michael Schmidt claims pasteurized milk is more dangerous than milk straight from the udder. ● KRISTEN THOMPSON

5 Two teens charged with sexually assaulting and murdering 18-year-old Kimberly Proctor will be tried in B.C. Supreme Court instead of youth court. ● KRISTEN THOMPSON

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Where do you want to go? In other words, decide what kind of adventure you want to save for. A romantic getaway? A sightseeing road trip with your family? A long weekend that's all relaxation? Wherever and whatever you decide is entirely up to you, because, after all, this is about rewarding yourself with an escape you'll never forget.

When do you want to go there? Is it six months from now? A year? Once you've figured out where you want to go and for how long, you'll have a better idea how much to save each week or month. But what if saving, say, $25 a week for the next year seems unrealistic?

Where can you find extra funds? What you earn vs. what you spend over a three-month period is a good place to start. Include everything from rent or mortgage payments to your daily coffee fix. Over time, you'll see a few items you can save on. For instance, one less latte or takeout lunch could save you $5 a day. That's $25 each workweek or $1,300 a year – it adds up fast!

Don't you deserve to pay yourself first? Sure, spending a little less every day can help. But, most importantly, set up a separate, dedicated savings account with automatic online transfers right after you get your paycheque – that way you'll always make sure to put aside funds you need to help reach your goal, right from the start.

So get on your way to getting away. And start saving for it, today.

4 SIMPLE STEPS

1. Decide where you want to go and a realistic time line to save the funds to get there
2. Look closely at how much you're spending and where you can save
3. Open a dedicated savings account
4. Set up automatic online transfers to pay yourself first, right after payday

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Judge's decision brings hope to sex work groups

Could be two years before ruling becomes binding in B.C., as Supreme Court would have to uphold it

JEFF HODSON
@METRONEWS.CA

JEFF HODSON/METRO VANCOUVER

Susan Davis

Sex worker groups in the Downtown Eastside hope an Ontario judge's decision yesterday to strike down key parts of Canada's prostitution laws will make it safer for Vancouver's sex workers.

The Ontario Superior Court found that criminal laws pertaining to keeping a bawdy house, communicating for the purposes of prostitution and living on the avails of prostitution were unconstitutional because they violate sex workers' right to safety.

Prostitution is technically legal in Canada, but many of the related activities are not.

Vancouver sex worker Susan Davis called it "an incredible day" because the ruling meant sex workers wouldn't have to fear phoning police.

"It's a way for real marginalized women to ask for help without fear of being labelled a criminal," agreed Kerry Porth, executive director of the Prostitution Alternatives Counselling and Education Society.

"(The laws) worked individually and collectively to make sex work the most dangerous occupation in Canada, particularly street-based or survival sex work."

Several women's groups, including the Elizabeth Fry Society, reacted to the decision with outrage, arguing that prostitution is rooted in the exploitation of women.

Katrina Pacey, a lawyer with PIVOT Legal Society, who headed a challenge of prostitution laws in B.C. in 2008, said the decision is "persuasive," but not binding in B.C.

If a sex worker is charged tomorrow, she could use the Ontario court's decision to help argue the accused's case, but there is no guarantee that the strategy would succeed.

More than 28 per cent victims of crime: Stats

A new study says 28.6 per cent of Vancouver households were victims of crime in the 12 months before they were surveyed.

The crimes include break-ins, theft of vehicles and their parts, vandalism, and home property theft.

The Statistics Canada survey, conducted in 2009, also found that most crimes were not reported to police. By comparison, Toronto households were victimized less, at a rate of 18.8 per cent. In addition, 13.7 per cent of Vancouverites also experienced theft of personal property. STEPHANIE ORFORD

281K
In all, 281,000 of Vancouverites said they were victims of violent crime in the 12 months before the survey.

RESIGNATION

Anti-HST activist quits Tories, joins B.C. First

B.C.'s Conservative party has lost a high-profile member.

FightHST lead organizer Chris Delaney has resigned as the Conservative party's deputy leader in a disagreement over policy direction.

Delaney says B.C.'s Tories have waffled on support for, or opposition to, the HST and that he has accepted the post of spokesman for the fledgling B.C. First party.

He added he will remain active in the battle against the HST but will hand off duties related to any upcoming recall campaigns, to give him more time to focus on B.C. First. THE CANADIAN PRESS

Mother questioned in infant's death

Police near Victoria are questioning a 20-year-old woman in the death of her infant child.

A pathology report is expected to help shed light on what happened to the infant before being found dead by Saanich police on Sunday. THE CANADIAN PRESS

Officials seek new routes after rain

Emergency officials are looking for alternate routes after some tiny B.C. coastal communities were cut off from the rest of the province by torrential rains. B.C. Ferries has added a ship to move people in and out of Bella Coola, now only accessible by water. THE CANADIAN PRESS

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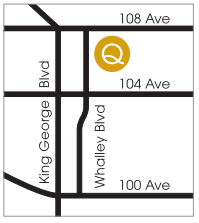

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Man opens fire in University of Texas library

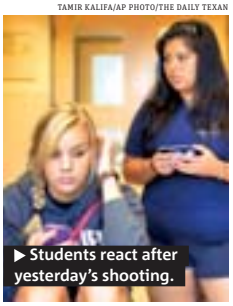
Suspect fatally shoots self, no other fatalities reported • Police looking for possible accomplice

A man wearing dark clothes and a ski mask opened fire with an assault rifle yesterday inside a University of Texas library, then fatally shot himself. Police were hunting for a possible second suspect.

The 50,000-student campus — the site of one of the country's deadliest shooting rampages four decades ago — was on lockdown while officers with bomb-sniffing dogs carried out a building-by-building manhunt.

A campus police spokeswoman said a man fired an automatic weapon on the sixth floor of the Perry-Castaneda Library then shot himself dead.

TAMIR KALIFA/AP PHOTO/THE DAILY TEXAN



▶ Students react after yesterday's shooting.

The Austin police chief said the gunman fired an AK-47.

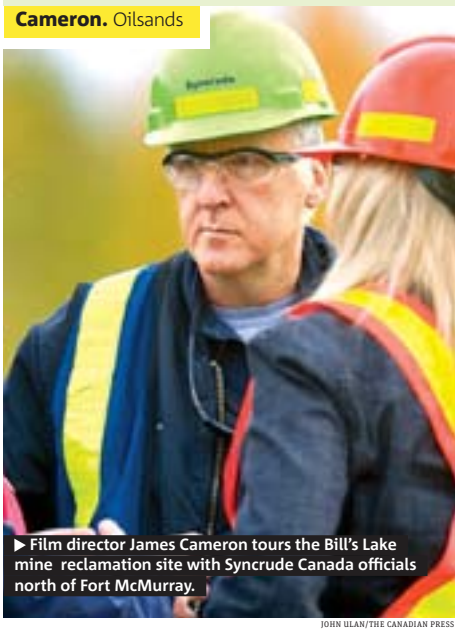
Police are investigating what they described as a second crime scene outside the library where shots also were fired.

Randall Wilhite, an adjunct law professor at the university, said he was driving to class when he saw "students start scrambling behind wastebaskets, trees and monuments," and then a young man carrying an assault rifle sprinting along the street.

The professor said the gunman had the opportunity to shoot several students and Wilhite, but he did not.

THE ASSOCIATED PRESS

Cameron. Oilsands



▶ Film director James Cameron tours the Bill's Lake mine reclamation site with Syncrude Canada officials north of Fort McMurray.

JOHN ULAN/THE CANADIAN PRESS

Filmmaker visits oilsands

Director James Cameron soaked up information about Alberta's oilsands yesterday. Cameron arrived in Fort McMurray on Monday and immediately met with native leaders before taking an aerial tour of the oilsands.

Hurricane collapses Mexican hillside

A hillside collapsed on hundreds of sleeping residents yesterday in a rural Mexican community, drenched for days by a hurricane and a tropical storm, killing at least seven and leaving at least 100 missing, officials said.

The death toll could rise much higher in Santa Maria Tlahuitoltepec, a town about 220 kilometres southeast of Mexico City.

A state official said 100 people were confirmed missing, but Oaxaca Gov. Ulises Ruiz told the Televisa television network 500 to 1,000 people could be buried. THE ASSOCIATED PRESS

"We have been using a backhoe but there is a lot of mud. We can't even see the homes, we can't hear shouts."

DONATO VARGAS, OFFICIAL

Activists' sailboat seized

Israeli naval forces seized a sailboat yesterday carrying nine Jewish activists toward blockaded Gaza without meeting any resistance and then escorted it safely to shore, the military said.

THE ASSOCIATED PRESS

Census unites opposition

The three federal opposition parties are poised to vote in favour of a motion to revive the mandatory long-form census. The motion would eliminate the threat of jail time, but keep a $500 penalty.

THE CANADIAN PRESS

THE ASSOCIATED PRESS FILE

▶ Suzanne Tamim

Egyptian spared death penalty

An Egyptian real-estate tycoon accused of hiring a hit man to kill his pop star lover, 30-year-old Suzanne Tamim, was spared the death penalty yesterday after a retrial changed his original sentence to 15 years in prison.

The reduced sentence of Hisham Moustafa, a prominent member of Egypt's ruling party, for the brutal murder of the Lebanese singer is likely to spark new accusations of political influence.

Moustafa, the builder behind the luxury suburbs for the rich that now ring impoverished Cairo, was close to the powerful son of Egypt's president and has come to symbolize the close bond between businessmen and politicians in recent years.

The judge convicted Moustafa for conspiracy to murder Tamim and gave him 15 years in prison.

The tycoon was originally sentenced to death after being convicted of paying a retired Egyptian police officer $2 million to kill Tamim.

THE ASSOCIATED PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Gov. Gen. Michaëlle Jean

Gov. Gen. Jean says au revoir

Departs after five-year term, will serve as United Nations special envoy to Haiti

Parliamentarians and senators are paying tribute to Gov. Gen. Michaëlle Jean as she winds up her five-year term as Canada's vice-regal this week.

Jean was feted by the speakers of the House of Commons and the Senate in the Hall of Honour, then spoke of her work breaking down solitudes and building bridges.

Canada's federal political scene is marked by sharp partisan and regional divisions, but Jean told the assembled MPs and senators that in her experience, the country speaks in a voice of hope and seeks to broaden its horizons.

Fewer than two dozen of Parliament's MPs attended the event. THE CANADIAN PRESS

Iranian blogger gets 19 years in jail

An Iranian court sentenced the founder of one of the first Farsi-language blogs, credited with sparking the boom in Iranian reform bloggers, to more than 19 years in prison for his writings, a news website reported yesterday.

Iranian-Canadian Hossein Derakhshan, 35, was a controversial figure among Iran's blogging community. Writing his blog from Canada, he was initially a critic of Iran's clerical leadership, and in 2006 he visited Israel — Iran's archenemy — saying he wanted to act as a bridge between the two countries.

But he later became a vocal supporter of President Mahmoud Ahmadinejad, praising him for standing up to the West and criticizing regime opponents.

THE ASSOCIATED PRESS

Medvedev fires Moscow mayor

President Dmitry Medvedev fired Moscow's boisterous mayor yesterday, ousting the man who gave the capital a modern facelift but destroyed some of its most precious historic landmarks amid a construction boom that turned his wife into Russia's wealthiest woman.

Medvedev signed a decree relieving the 74-year-old Yuri Luzhkov of his duties due to a "loss of confidence" in him after Luzhkov openly defied the Kremlin and rejected a face-saving offer to resign after 18 years on the job.

Luzhkov's dismissal ended an increasingly hostile battle of wills, squashing a regional leader's mutiny unseen in a decade of tightening Kremlin controls.

THE ASSOCIATED PRESS

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$229	$229	$239	$259
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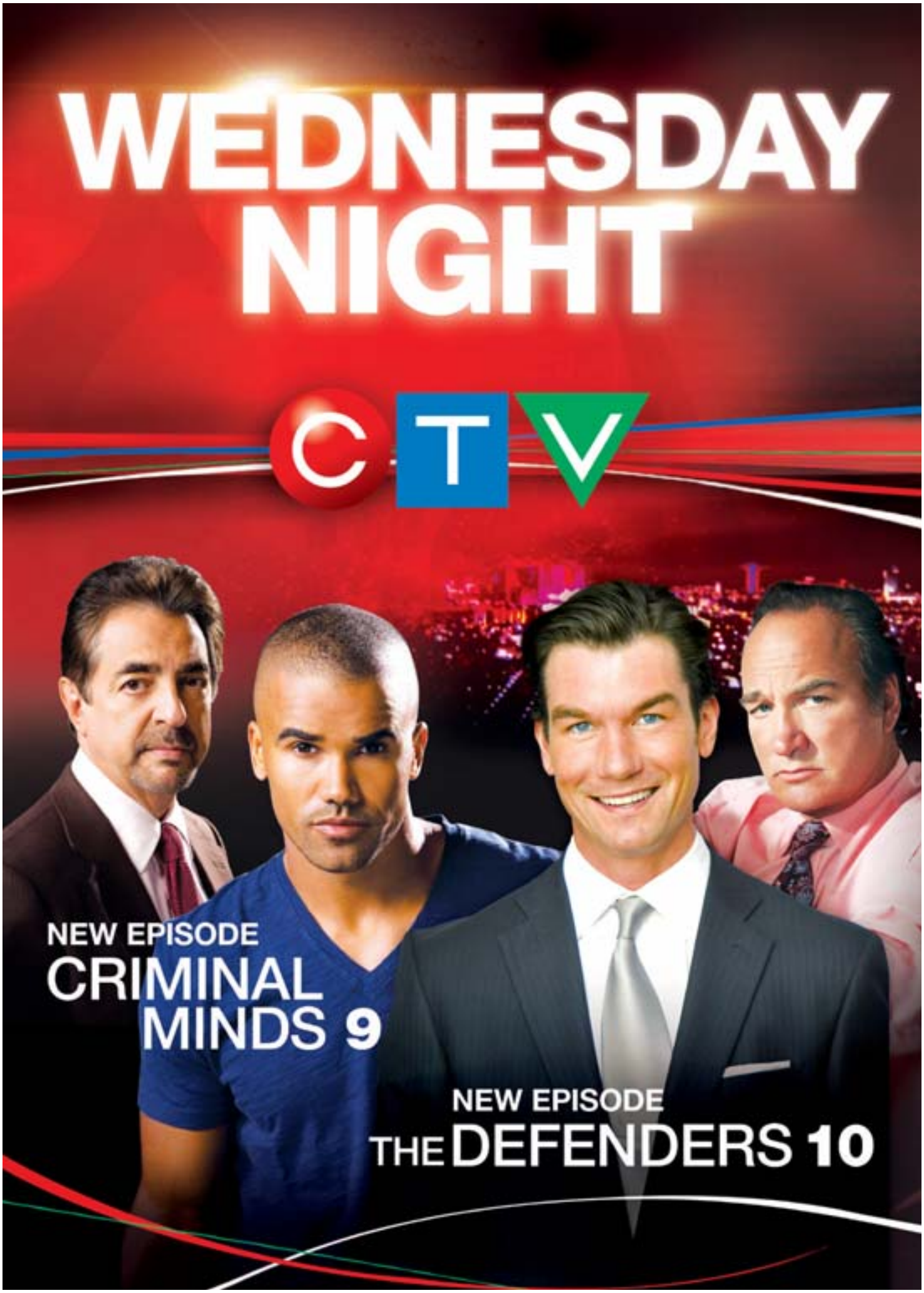
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Much-heralded growth may have hit skids

Bloomberg survey: GDP fell by 0.1% in July TD economist says GDP actually fell by as much as 0.2%

Canada's almost year-long record of uninterrupted growth has likely suffered its first setback, with analysts anticipating that fresh data being released tomorrow will show the economy actually got smaller in July.

The news may come as a surprise to many Canadians who are constantly reminded by the government that their economy is among the strongest in the industrialized world, especially when compared with the United States.

139K

TD Bank chief economist Craig Alexander points out that employment shrank by 139,000 full-time workers in July.

That is one reality. But lately, the Canadian situation hasn't been much to boast about.

The economy burst out of the gate in the first three months of 2010 with a 5.8 per cent growth rate, then came back to earth in the second quarter at two per cent and is expected to be even weaker in this current third quarter.

July, the first month of the third quarter, will in all likelihood be the weakest, according to a consensus of economists sampled by Bloomberg.

THE CANADIAN PRESS

Media. Corus' new digs

▶ John Cassaday, president and CEO of Corus Entertainment, poses for a portrait during yesterday's media tour of Corus Quay, the company's new headquarters in Toronto.

ADRIEN VECZAN/THE CANADIAN PRESS

Corus moves into huge homebase

Corus Entertainment Inc. chief executive John Cassaday says the media company sees plenty of opportunity to grow in the popular female-skewed speciality-TV market, as advertisers push to sell more products to women. Cassaday helped open Corus' new Toronto-based broadcast headquarters yesterday, consolidating 11 different facilities throughout the city under one roof.

Market moment

TSX	Dollar
+ 88.28 (12,278.88)	– 0.18¢ (97.07¢ US)
Oil	**Natural gas**
– 34¢ US ($76.18 US)	1,000 cu ft $3.837 (+ 3.7¢)
	Gold contracts $1,308.10 (+ $9.70)

CANWEST NEWS SERVICE

Airlines to feel pinch

Intense global competition should keep airfares in check despite some industry consolidation, the head of the airline association IATA said yesterday.

International Air Transport Association chief executive Giovanni Bisignani said airlines remain financially fragile despite returning to profitability much sooner and stronger than originally forecast.

THE CANADIAN PRESS

Unpopular stimuli

Over half of the people in the some of the world's biggest economies are opposed to their governments spending money in stimulus programs, according to a BBC World Service poll.

In its poll of more than 22,000 people in 22 countries, the BBC said the strongest opposition was in some of the countries that have already seen big stimulus programs, such as the United States.

THE ASSOCIATED PRESS

KATY'S CLEAVAGE CAUSES KERFUFFLE

Just sayin'

PAUL SULLIVAN

Katy Perry, the extravagantly endowed pop tart who became a star with the hit I Kissed A Girl, and more recently, California Gurls, is not a hit with the parents of the tykes who watch Sesame Street.

Her, um, duet with Elmo (he's the little red guy who likes to get tickled) was yanked from the program after numerous parental complaints about her outfit — or lack of it.

Like many hot celebs before her, Katy agreed to go on the iconic kiddies show and frolic with the Muppets. In her skit with Elmo they are supposed to play dress-up, but Elmo, shy guy that he is, gets all flustered and runs away.

You can't tell he's blushing because he's all red all the time, but as Miss Katy's unfit outfit emphasizes her endowments, Elmo likely can't take it all in.

"You can see her t--!" complained parental America. And the people who run Sesame Street listened so now you have to go to YouTube with several million other grownup kids to watch it. After all, Miss Katy's t-- are hardly appropriate viewing for children ages one to six.

Meanwhile, what were they thinking (or thinking with)? Rumour has it the producer responsible for the lapse will be replaced by Oscar the Grouch, not so easily dazzled by décolletage.

"... but Elmo, shy guy that he is, gets all flustered and runs away."

And then you have to think about the impact on the other Muppets. Puppets are people, too.

Consider the Count, who loves to count, but when Miss Katy is around he can never get past "two."

Or Big Bird, who is always eight years old, grows up in a hurry. Size matters.

Or Kermit, who is green with envy, and would not run away like Elmo. "I like to dress up!" he croaks.

If you think the above is bad, you should have seen the Saturday Night Live segment over the weekend, guest starring, guess who? Katy Perry. Brought to you by the numbers "38" and the letters "Double D."

I know, I know. I should be getting all censorious and fulminate about the rampant sexualization of small children — and it's true, the loss of innocence comes soon enough without it being forced on kids before they are emotionally ready to handle it.

But Katy Perry has been such a good sport about the whole thing — and why wouldn't she be? The Muppet kerfuffle made her a top search on Google and Yahoo and after Saturday Night Live, she is booked on the Simpsons. Fifteen minutes, baby!

And if all else fails, she is welcome in Mr. Sullivan's neighbourhood any time.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

No need to apologize

Worth mentioning

As usual, when scientific research and being a man intersect it's a good news/bad news thing.

The good news: Researchers at the University of Waterloo have finally determined why your husband won't apologize. It's because he doesn't think he's done anything wrong, whereas you think everything that you, he and everyone else does is sketchy.

Waterloo psychologists Karina Schumann and Michael Ross asked 66 people (33 women and 33 men) to keep track of how many times they apologized for anything over a 12-day period.

They found women both apologized more and felt they had caused offence more. We're talking, "Sorry for bumping into you" sort of transgressions, rather than the "Sorry for accidentally poisoning your cat" sort.

Men, on the other hand, felt they had caused offence less, and therefore apologized less. But both genders apologized at the same rate and just as effusively if they believed an apology was owed.

In most cases, both sexes apologized for roughly 80 per cent of the offences they caused. This seems to put the cliché to rest that men refuse to apologize for anything lest it dent their fragile egos.

TORSTAR NEWS SERVICE

Making amends

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Metro Minute at VCC fashion show

Get a sneak preview of Vancouver's next movers and shakers in the fashion industry tonight at the Fiat Mode XXIII fashion show.

Twenty-one Vancouver Community College students will show their graduating collections on the runway. VCC's Fashion Arts program emphasizes solid garment construction, so the show will have just as much substance as style. Look forward to polished, well-made clothes with subtle details.

Search "Fiat Mode 2009" to check out last year's event on YouTube. The show will be held at Rocky Mountaineer Station.

Doors open at 7 p.m., show begins at 8. Tickets are $35 for adults, $25 for students. STEPHANIE ORFORD

VCC.CA/FASHIONSHOW

▶ A model walks the runway at last year's Fiat Mode fashion show.

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Street Dancing jumps off screen

British actress Nichola Burley stars in upbeat 3-D flick ◗ Shooting in 3-D 'mostly the same as shooting a regular movie' ◗ Burley's background in dance a plus for the role

PHIL BROWN
FOR METRO CANADA

SUBMITTED

▶ A scene from the upcoming film StreetDance 3-D.

Nichola Burley is best known for her appearances in British horror movies and thrillers like Donkey Punch and Kicks, but on Friday audiences will be treated to a much lighter side of the actress in StreetDance 3-D (no points for guessing what it's about).

For Burley it was an opportunity to finally play a role that was close to herself. "There are a lot of gritty films in England and many of the scripts I read are quite twisted and dark," Burley told Metro. "I've always wanted to do something positive and uplifting because that's the kind of person I am naturally. I knew it would be so much fun to do something like this."

The film is miles away from the bloody work she's done recently, but not outside of her realm of experience. Burley actually danced for years before falling into acting.

"I studied dance until I was 18 and then went to the Northern School of Contemporary Dance," Burley said. "I never wanted to act, I always wanted to dance, but a casting director came to the school to do general auditions for film and I got into it that way. I thought it was just a one off opportunity and went back to school after. But I got lucky and actually hadn't even danced in five years before making this movie."

"I've always wanted to do something positive and uplifting."
NICHOLA BURLEY

The experience in dance and film acting made Burley a prime candidate for the film, but she admitted to being unfamiliar with the street-dance style before shooting. A bit of a problem since she plays a character who trains a troupe of ballerinas in street dancing.

"It was very challenging. I knew absolutely nothing about it before we started and had to learn everything in six weeks," admitted the actress. "I probably looked more like one of the struggling ballet dancers in the film to be honest."

Juno Awards

The Juno Awards are adding a new category to recognize the best electronic album of the year.

It'll bring the total number of categories to 40 as the Canadian music award celebrates its 40th anniversary in 2011.

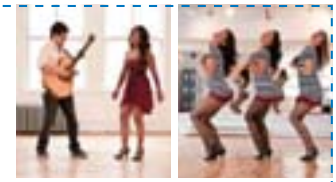
To qualify for the best electronic album of the year, a full-length recording must be "composed with electronic equipment as the essential songwriting tools and defined by their electronic elements."

Genres up for the award include techno, house, electro, and trance.

The next Juno Awards will take place in Toronto on March 27, 2011 at the Air Canada Centre.

THE CANADIAN PRESS

Supreme Court to consider appeal from Anna Nicole Smith estate in bid to collect $300M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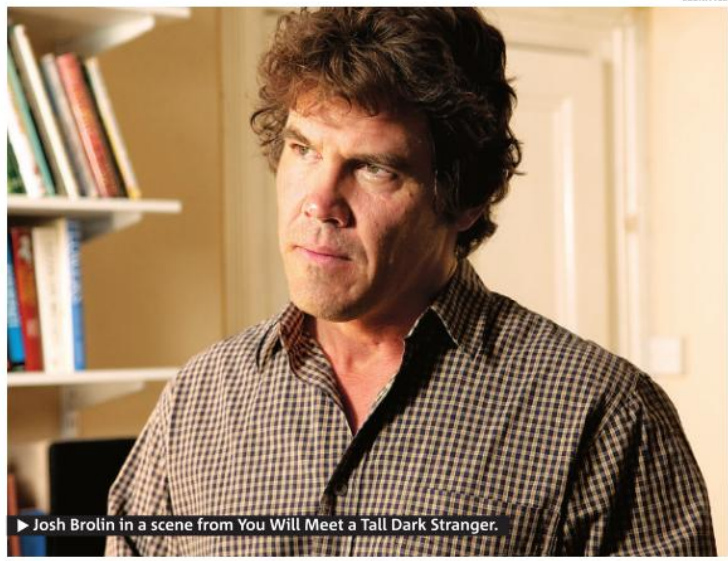
Josh Brolin makes Dark Stranger role his own

SUBMITTED



▶ Josh Brolin in a scene from You Will Meet a Tall Dark Stranger.

Actor plays a novelist with writer's block and a taste for women ◐ Brolin says couldn't play Woody if tried

RICHARD CROUSE
FOR METRO CANADA

"I know some people have tried to (play the Woody Allen character). I don't understand why. Everybody writes from who they are, but I think because Woody has acted in his films, and is choosing not to act in this film, therefore you are taking his place. I didn't see it that way."
JOSH BROLIN

Early on in the shoot for You Will Meet a Tall Dark Stranger, Woody Allen's latest exploration of love and neurosis, star Josh Brolin told the director he wouldn't try and play a thinly disguised version of Woody Allen in the movie, like Kenneth Branagh in Celebrity or even Scarlett Johansson in Scoop.

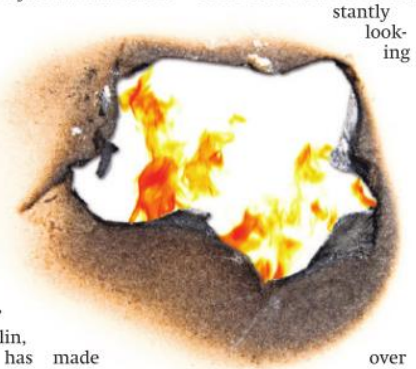
"I know some people have tried to (play the Woody Allen character)," he says. "I don't understand why. Everybody writes from who they are, but I think because Woody has acted in his films, and is choosing not to act in this film, therefore you are taking his place. I didn't see it that way."

The director was fine with that, in fact, he told Brolin to make the role his own. "Then I'd do a take," says Brolin, "and he'd say, 'You changed a word. You said cannot. The script says can't.' I'd say, 'You're not serious are you?' and he'd say, 'Yes, you broke the contraction.' I said, 'I thought you just said to make the part my own.' He said, 'I know. But the script says can't.'"

Such is life on set with a genius.

Brolin, however, does have what most people would consider the Woody Allen role in the film; the part Woody might have played if he was 30 years younger. As a novelist with writer's block and a taste for women, the character Roy has the bulk of the film's funny lines and best scenes, but Brolin says he couldn't play Allen if he tried.

"Woody and I both said, 'I could never pretend to be you nor could you possibly pretend to be me.' If there are two more opposite people on this planet it is me and Woody Allen. For various reasons; which is why I think we come together and work together as well as we do, because we have the same sensibilities. We just have different structures."



Brolin, who has made two films with Allen, says when he watched You Will Meet a Tall Dark Stranger, he wanted to slap Roy. "To me he is pathetic. He's not the most redeeming character out there. The grass is greener on the other side and he is constantly looking over there for notoriety and fame and all that. It's a strange character and when he asked me to play it, I was like, 'Why? Why me?' But I'm very happy I got to do it."

Director spins a new tradition in vampire flick, Let Me In

SUBMITTED

▶ Director Matt Reeve on set.

"As a young person horror films terrified me," says Let Me In director Matt Reeve.

"To this day if you were to show me a picture of Linda Blair in her Regan MacNeil getup, and I wasn't prepared the hair would stand up on the back of my neck and my blood would run cold. I would have a visceral reaction, so it's kind of ironic that that's what I do now. I make genre films, and yet there is something about it that is a very exciting thing to do."

Audiences and critics were certainly excited by his first film, Cloverfield, a movie one writer called "the closest a film has ever gotten to a roller-coaster ride." It was a wham-bam-thank-you-ma'am reinvention of the "big monster" movie that mixed Godzilla with the immediacy of reality TV. His new film, a remake of Let the Right One In, the Swedish art house hit about a vampire trapped in a 12-year-old body and her bullied neighbour, is less frenetic, but throws a new spin on the vampire tale.

"It is a vampire film in a different tradition," says Reeves. "That has everything to do with [novelist] John Lindqvist's story. It is an incredible story in that he takes the vampire genre and uses it as a way to describe the pain of adolescence. It is a strange thing to say, but I found in reading it, and in the Swedish version and in what we tried to do, I actually think that it is a very realistic sort of tale even though it is a vampire tale. This film has a bit of naturalism to it."

Let Me In, Cloverfield and the films that frightened him as a child, he says, are effective because they are "about something other than what the surface part is. The metaphor they are using is a way to explore a lot of real and frightening things and to explore our own fears and that's why you can make a movie about a giant monster trashing New York and it's really not about that at all. That is what makes it challenging and interesting as a filmmaker." RICHARD CROUSE

Titanic star dead at 100

THE ASSOCIATED PRESS

▶ Gloria Stuart

Gloria Stuart, the 1930s Hollywood leading lady who years later became the oldest Academy Award acting nominee for her role as the spunky survivor in Titanic, has died. She was 100.

Stuart died of respiratory failure Sunday night at her Los Angeles home, her daughter, Sylvia Thompson, said Monday. The actress had been diagnosed with lung cancer five years ago and had beaten breast cancer about 20 years ago, Thompson said.

In her youth, Stuart was a blond beauty who starred in B pictures as well as some higher-profile ones such as The Invisible Man, Busby Berkeley's Gold Diggers of 1935 and two Shirley Temple movies, Poor Little Rich Girl and Rebecca of Sunnybrook Farm. But by the mid-1940s she had retired.

She resumed acting in the 1970s, doing occasional TV and film work. But Stuart's later career would have remained largely a footnote if James Cameron had not chosen her for his 1997 epic about the doomed luxury liner that struck an iceberg and sank on its maiden voyage in 1912.

Stuart co-starred as Rose Calvert, the 101-year-old survivor played by Kate Winslet as a young woman. Both earned Oscar nominations, Winslet as best actress and Stuart as supporting actress.

THE ASSOCIATED PRESS

Celebrity tweets

Jeremy Piven [@jeremypiven] 2 billion degrees here, just taught a Bikram yoga class in my car...

Kanye West [@kanyewest] Remember the museum plastic space-ship toys that were molded right in front of you?.... Those use to smell awesome!!!!!!!!!!!!!

METRO

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PVRTweets

Baseball season is wrapping up. Who do you think is going to make it to the World Series?

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@JamieTheJedi Minnesota vs. Cincinnati. Go Twins Go!

@keepsixcom Atlanta vs Minnesota... 15 years ago was the last ATL WS win, Bobby's done this year, it's the Braves year! No Philly!!

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Winslet to wear white again?

Oscar-winner head over heels for new beau They've been together since July, after her split with fellow Oscar-winner Sam Mendes

Kate Winslet is reportedly so smitten with new beau Louis Dowler that she's even thinking about talking down the aisle again, according to Grazia magazine.

"As far as Kate is concerned, they could go all the way together — get married, have kids," a source says.

"She's the happiest we've ever seen her. He really brings out a wonderful, carefree side to her that we haven't seen for years." Winslet split with husband Sam Mendes in March before taking up with Dowler in July.

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3 life

KEVEN DREWS/THE CANADIAN PRESS

▶ A surfer ponders whether or not he wants to enter the water in this October 2007 photo near Tofino, B.C.

The island beckons winter storm chasers

Tofino storms offer magnificent sensory experience for adventurers and sybarites alike

Charles McDiarmid recalls being awake in his parents' remote West Coast cabin listening to low buzzing sounds reverberating from huge pieces of driftwood being tossed against the shore by the winter waves off Tofino on Vancouver Island.

The low pitch of the vibrating storm-beaten logs was powerful and magnificent, says McDiarmid, and the everlasting drone contributed to a West Coast travel phenomenon: Winter storm watching.

McDiarmid, whose family first built a cabin in the area in 1955, became convinced others would also be fascinated by the cleansing experience of a West Coast winter storm.

Since 1996, his family has operated the Wickaninnish Inn at Chesterman Beach near Tofino, about 400 kilometres northwest of Victoria. The Tofino area is good for more than a dozen major storms over the winter, from mid-November until February.

"It's a good feeling to be snuggled up in a nice, warm, comfortable environment seeing Mother Nature unfold."
CHARLES MCDIARMID

There is no land between the West Coast of Vancouver Island and the east coast of Japan, which allows the swells to build. Many are 10-metres high when they hit shallow water and explode against the rocks.

"We're such an urban society and Mother Nature in the city is generally an inconvenience," says McDiarmid. "Here, there is no such thing as bad weather."

But winter storm watching is not just for outdoorsy types who put on gum boots, rain slickers and head for kilometers of open sandy beach.

Many watch the storms unfold from a safe, warm fireside vantage point wrapped in a warm blanket. "It's a good feeling to be all snuggled up in a nice, warm comfortable environment and seeing Mother Nature unfold for you," says McDiarmid.

THE CANADIAN PRESS

Surf's up

The end of summer has not dampened the enthusiasm of surfers on Haida Gwaii, formerly the Queen Charlotte Islands. In fact, the best surfing there runs from Oct. to May. The second annual Haida Gwaii Surfing Expression Session runs from Nov. 12-14.
THE CANADIAN PRESS

Tour showcases designs of Gustav Stickley, who produced well-made furniture with simple design

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The day the glitter died

Once almost synonymous with Las Vegas, the Liberace Museum is closing its doors after 31 years. The past and uncertain future of this kitschy monument to 'Mr. Showmanship'.

KATHLEEN SQUIRES
TRAVEL@METRONEWS.CA

One of Vegas's biggest spectacles will close next month. No, a Cirque du Soleil show is not going dark, and the Bellagio fountains will continue to dance. A lesser-known, yet no-less-glitzy landmark shutters on Oct. 17: the Liberace Museum. Financial concerns were cited as the culprit by Liberace Foundation president Jack A. Rappaport, when asked about the fate of the two clay-tiled buildings located a few miles off the Strip.

The next few weeks will be the public's last chance to check out the flamboyant musician's personal collection, including pianos coveted by Elton John, jewelry fit for a posse of hip-hoppers, a wardrobe that makes drag queens look plain and a car collection that provided grander entrances than Lady Gaga at a Yankee game. Everything that created the image of "Mr. Showmanship" is here.

Wisconsin native Walter Valentino Liberace sold 60-million records and was once the highest-paid entertainer in the world; yet many under the age of 40 offer a blank stare at the mention of his name, which would account for the museum's dwindling crowds. (It once drew as many as 450,000 visitors a year, as many as Hoover Dam. The board says the number is now 50,000.)

The showman himself opened the museum in 1979 to share his love of razzle-dazzle and to promote the profile of his foundation, formed three years earlier to foster new talent in the creative arts.

His legacy will live on in the Liberace Foundation, which has granted over $6 million in scholarships for over 2,700 students. The collection's future, however, is less clear.

▶ Bid farewell to the King of Bling before the Liberace Museum closes on Oct. 17.For more information, visit liberace.org.

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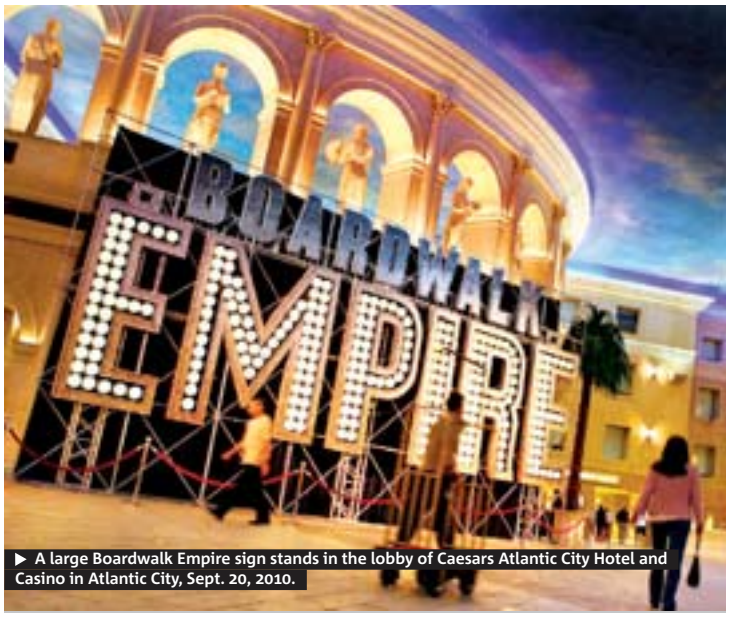
Critics are hailing HBO series Boardwalk Empire, set in Prohibition-era Atlantic City, as perhaps the best of the fall TV season The 12-episode series will keep the gambling destination in the nation's consciousness far longer and better than any ad could

MEL EVANS/THE ASSOCIATED PRESS



▶ A large Boardwalk Empire sign stands in the lobby of Caesars Atlantic City Hotel and Casino in Atlantic City, Sept. 20, 2010.

MEL EVANS/THE ASSOCIATED PRESS

▶ People are pushed in pushcarts along the Boardwalk in Atlantic City.

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Atlantic City's 1920s revival

What The Sopranos did for a pork store in northern New Jersey and Sex and the City did for a Manhattan cupcake shop, Atlantic City is hoping Boardwalk Empire does for the seaside gambling resort.

Nothing is too trivial to become a tourist trap, as long as it appears in a hit TV show.

Sopranos fans packed tour buses to visit spots like the pork store and a strip club, and girls-night-out devotees planned trips around watering holes and shoe stores featured in Sex and the City.

Now, with Boardwalk Empire — the HBO series set in Prohibition-era Atlantic City — the resort is ready for its close-up.

And with critics hailing the series as perhaps the best of the fall TV season, the 12-episode series could keep Atlantic City in the nation's consciousness far longer and better than any ad could.

"It's an hour-long commercial for Atlantic City, top-of-the mind awareness," said Don Marrandino, eastern regional president of Harrah's Entertainment Inc., which owns four of Atlantic City's 11 casinos. "People will want to come here and see it for themselves, and we need to take full advantage of that."

The attention comes not a moment too soon for the second-largest gambling resort in the U.S.

THE ASSOCIATED PRESS

Atlantic City is in the fourth straight year of a revenue decline brought on by competition from casinos in neighbouring states, as well as a continuing poor economy that has people less willing to risk their cash at the tables and slot machines.

Its revenues, after hitting a high of $5.2 billion in 2006, fell to $3.9 billion by the end of last year and nearly 9,000 casino workers have lost their jobs since then.

In this context, the free publicity from a smash hit TV show is a godsend, giving the city's resorts and casinos a golden opportunity to cash in.

And many are doing just that, offering a slew of promotions. For a full list of what's available where, go to atlanticcitynj.com.

THE ASSOCIATED PRESS

Great deals

Atlantic City is trying to wring every last dollar out of the show with a slew of 1920s-themed promotions:

- **Nearly 30 restaurants** are offering two- or three-course meals priced at $19.20 US.
- **Caesars Atlantic City** is offering 1,920 hotel rooms for $19.20 U.S. a night.
- **Bars are whipping up whisky-laced** Boardwalk Empire cocktails like "The Nucky" and "The Boardwalk Boss."

Well, I'm blown away

Buying a travel hairdryer has become an essential part of the ritual of going on vacation We tested some of the market leaders

1

PAUL BALDWIN
TRAVEL@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Nothing says "I'm going on vacation!" quite like the buying of a travel hairdryer. If you analyze it closely (and yes ladies, I'm kind of looking at you right now) you don't really need one. It's not like your everyday hairdryer couldn't comfortably fit into just about any suitcase or rucksack on the planet. But maybe that's not the point. Like over-expensive designer sunglasses and ridiculous sandals you will only ever wear once, it's just part of the "get-away feel good factor." We've picked our current favourites, all available from amazon.com

1 CUTEST CORIOLISS MINI VINTAGE TRAVEL DRYER UKMVF FLORAL, $49

This small but perfectly formed dryer, with its retro styling and super-cutesy floral livery (very Kath Kitson) had the females in the office swooning. It is very good looking. Luckily it also performs. Some weird technology means the 88 watt motor pushes through more air than it should and drying is, ahem, a breeze. It's dual voltage, comes with pouch, strap and concentrator, but mainly it comes in three brilliantly pretty designs.

2 BEST COMBO VO5 'ON THE GO' TWIN PACK, $58

This straightener/dryer combo is teeny and designed specifically for travel. Either item might comfortably fit in a handbag, though both might be a squeeze. The dryer claims to have MaxAir Technology with a ceramic/tourmaline coating on the grille which produces ions for added shine. In truth it's a bit underpowered for everyday use. The mini straightener on the other hand works fantastically well.

3 SMALLEST OPAL LONDON HAIRDRYER TO GO, $29

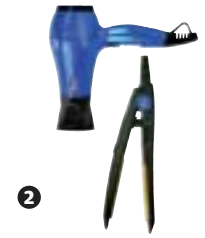
Now this really is small. At 11 cms long it is almost dwarfed by the plug. It's also very pink. The handle has a three-position power switch, two position voltage dial and the mains power cable, and it folds flat. It all packs into little cotton drawstring pouch which could feasibly fit in your jeans pocket. It will dry your hair pretty effectively while taking up no more space than your Blackberry.

4 LEAST CLAIM TO BE A 'TRAVEL' HAIRDRYER REMINGTON STYLE D5005 COMPACT DIFFUSER 2000, $29

OK, it's slightly smaller than its average domestic equivalent but it's pretty hard to see how it qualifies as a 'travel' hairdryer. That said, it's a very competent performer and boasts 2000 watts — unheard of in most travel dryers. Remington also throw in a diffuser and concentrator, which is nice but it's all extra baggage space. A neat touch however is the True Cold Shot button which gives a blast of cool air.

5 BEST SELLER SASSOON LIMITED EDITION GREEN VS526LEUK1 TRAVEL HAIR DRYER, $29

This dryer is currently a big favourite on Amazon and with good reason. It's compact (rather than small), powerful (with 1800 watts at its disposal) and has two heat and speed settings, folding handle, and a cool shot button. Perhaps more winningly it comes in a range of 'pop art' colours. A sound choice. Dual voltage, storage bag and travel adapter.



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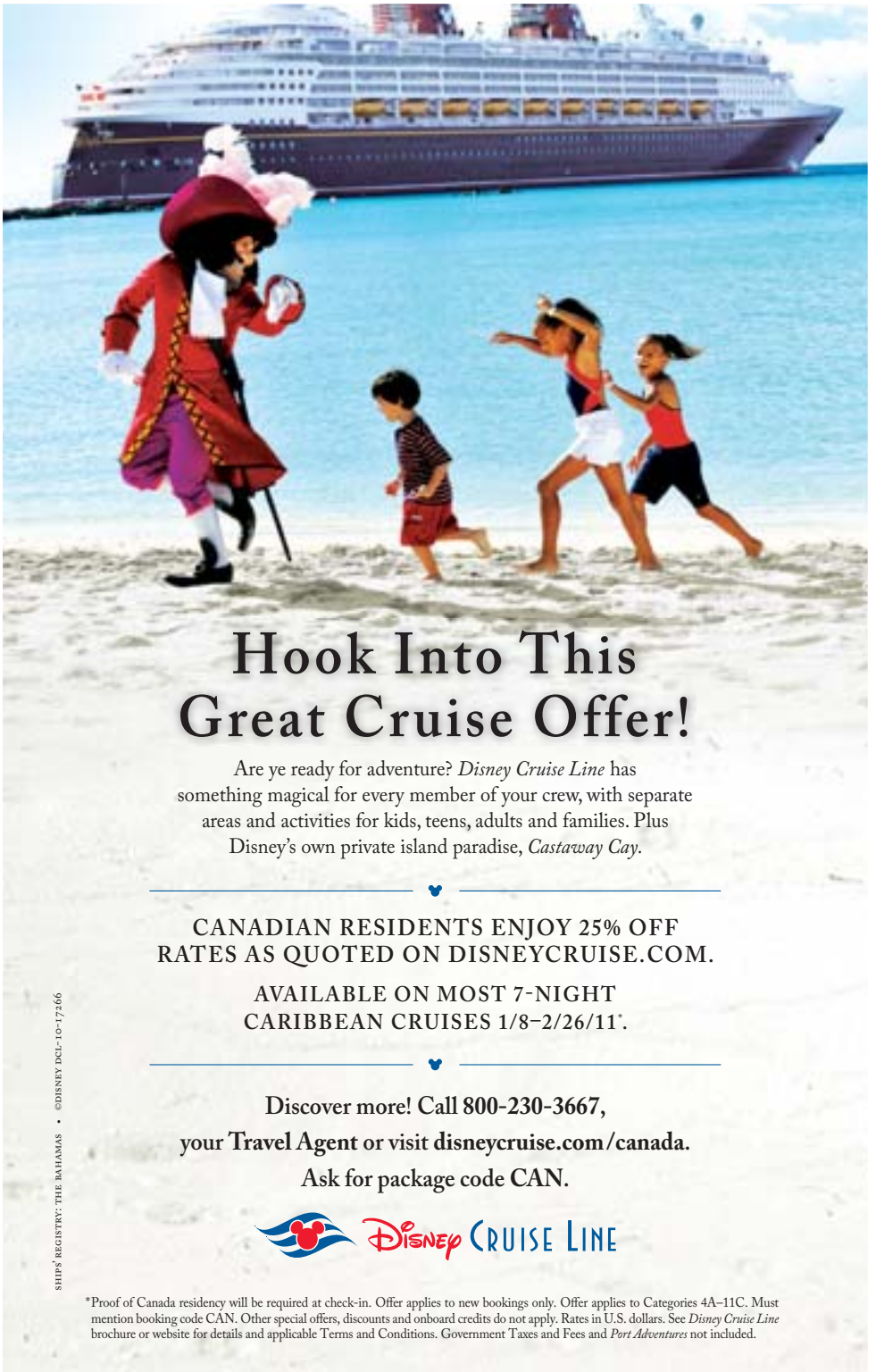
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Top sexy Stays

When travelling solo, anything goes But when vacationing with your sweetie, half of the allure is having sex on a different bed, soaping each other up in a different shower In other words, the hotel is key

REB STEVENSON
TRAVEL GURU,
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Castle Moffett, Baddeck, N.S.
Granted, the bagpipe music that bleats from their website is enough to deflate any stirrings beneath the kilt. However, Scottish-themed Castle Moffett is located on a 200-acre lakeside estate in Cape Breton, which should be music to any couple's ears. But if the old-world décor and the romance deals (from two to 10 days) aren't sufficient bait, there is always the salmon fly-fishing package. castlemoffett.com or 1-888-756-9070.

Emerald Lake Lodge, Field, B.C.
Adding a vibrating device to your bedroom hijinks ain't a bad idea — unless it's a cellphone. Say goodbye to techno threesomes with your BlackBerry at Emerald Lake Lodge in Yoho National Park. There is no mobile phone reception, nor is there television or internet in the rooms, leaving you free to browse the timbered lodge, wild Rocky Mountain setting and each other's caches instead. emeraldlakelodge.com or 250-343-6321.

La Maison Pierre du Calvet, Montreal, Qué.
For a dangerous liaison with indulgence and European charm, check into this sumptuous "hotel-château" in the heart of Old Montreal. Built in 1725, the exposed-stone walls, four-poster beds and wood beams support the fact that it's the oldest historical house-hotel in Montreal. pierreducalvet.com or 514-282-1725.

The Couples Resort, Algonquin Park, Ont.
It's like summer camp, except everyone has already hooked up. Catering to 48 pairs, this couples-only resort in Ontario's favourite wilderness reserve is open year-round and offers activities like horseback riding, dogsledding and boating. There are basic rooms, fancier digs and "exotic" rooms with animal-print decor. Towel-turned-loincloth, anyone? couplesresort.ca or 613-637-2662.

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Do comfort food the right way

Grilled cheese sandwiches are right up there with the best of cool-weather comfort foods and this is the time of year to enjoy them.

During a break from raking leaves or watching a football game on television, grilled cheese on bread or buns is just the solution to satisfy rumbling tummies, says a chef who recently won first prize for his creation at a national competition.

"When you get into cooler weather you want food that makes you feel good and toasted cheese sandwiches do the job," says Michael Howell, owner and chef of Tempest Restaurant in Wolfville, N.S.

The cook-off competition held in Toronto and run by Dairy Farmers of Canada pitched four chefs against one another to come up with the best grilled cheese sandwich.

Howell won for his Panini Toscano recipe using havarti and prosciutto on a ciabatta bun.

▶ A Panini Toscano grilled cheese (recipe below).

In fact, he and his wife, who have a booth at the Wolfville Farmers' Market on Saturdays, started serving their customers grilled cheese sandwiches on Texas toast, he says.

His favourite cheese is Gouda "because of its meltability." But he also likes to use havarti and mozzarella when grilling his sandwiches. THE ASSOCIATED PRESS

Are you a parent of an inactive teen (aged 13-16)?

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If you would like to participate in this study then please contact Katie Morton by email: katiemorton84@gmail.com or by phone: 778-316-2619.

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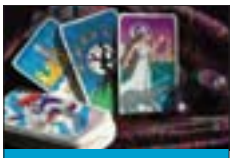
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Make most of internship

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DREW HINSHAW
LIFE@METRONEWS.CA

It may be the most dull and demeaning chapter in your college or university experience: The grind of interning, showing up as free labour, relearning how to operate a copier or order doughnuts for a meeting.

Neglected interns should be forgiven for wondering if internships are just meaningless hype to splay across a still-sparse résumé. Yet the practice persists.

In fact, they're very necessary. "When you graduate ... now, if you don't have at least two internships on your résumé, you're not hirable," warns The Internship Bible author Samer Hamadeh.

The challenge, he offers, is to glean more from your time than a sentence to paste into your cover letter.

"Your internship is what you make it," agrees CareerBuilder.com coach Allison Nawoj.

Her latest study shows that America's jobless elders may have reached the same conclusion. This fall, she says, undergraduates will compete with the underemployed for nearly a quarter of all open internships.

"Not only has the recession reshaped internships so that they're more applicable to people later in their careers, but for younger workers, internships can mean more than filing papers," she notes. "Companies have scaled back and are relying on interns to fill the gaps."

Consider shadowing the person whose job you'd aim to have.

"See what their jobs entail," Nawoj suggests. "Say, 'Hey, I see you do X, Y, Z. Can I help out with that.'

▶ The challenge for interns is to glean more from the experience than a sentence on your cover letter or resume.

INTERN TO-DO

Seek out a mentor

Don't leave the building without conducting a few tete-a-tetes with potential mentors.

"Pinpoint a few people in the organization whose jobs interest you, and ask them to meet with you," Generation Y career blogger Lindsey Pollak advises.

"Don't miss this opportunity to shoot fish in a barrel. During an internship, you are literally surrounded by informational interview prospects."

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Failing grade for student lunches

Lunch box study reveals many poor nutritional food and drink choices

When dietitian Shannon Crocker agreed to go into four kindergarten classrooms in two Ontario elementary schools and check the contents of the children's lunch boxes, she was dismayed by what she found.

"Many were packed with poor food and drink choices such as cold hot dogs, gummy treats, sugary fruit beverages and packaged cookies," says the Ancaster, Ont., mother of two.

Kindergarten classes were chosen because Ontario began introducing its new Early Learning Program in September, which means thousands of four- and five-year-olds now attend school for a full day.

Crocker adds that many lunches did not provide enough food for the long day the children were at school.

Her project coincides with the marking of World School Milk Day today. This annual international event celebrates the importance of milk in children's diets. It is actively supported and promoted by the Food and Agriculture Organization of the United Nations.

The schools chose to participate in the survey of lunches because Crocker says they want to raise public awareness about the issue.

"Two schools, one in Toronto and the other in Hamilton, were chosen for the project," she says. "The schools are not identified out of respect for the families and the fact that nutritionally poor school lunches is a problem all across Canada."

SHERYL NADLER/THE CANADIAN PRESS

▶ Home economist Shannon Crocker prepares school lunches with her boys Riley, right, 8, and Mason, left, 6, in the kitchen of her Ancaster, Ont., home. Crocker has recently completed a survey of school lunch boxes and came away with some alarming findings.

Crocker and an assistant checked 82 lunches during the survey and found that 85 per cent had no vegetables and almost every container had one sugary treat and some up to five.

"Only five lunches included milk, but most of them had at least one sugary fruit-flavoured drink of little or zero nutritional value," she says.

However, both schools were about to sign on to milk programs for their students in which a dairy delivers cartons to the schools daily, she says.

But Crocker found that most children had only one drink to get them through the day, while "some had nothing to drink at all."

However, she understands there are several reasons lunches may not make the grade.

"If a child doesn't eat much, parents might pack small amounts of food or busy mornings allow little time to assemble lunches," she suggests. "Money may be a factor or there may not have been much food in the fridge that day."

But her major concern is that parents may not understand the direct link between good nutrition and learning.

"As a dietitian what I want to see are the four food groups represented," Crocker say. "That would be a couple of servings of grain products such as whole grains rather than white bread.

"There should also be at least two servings of fruits and vegetables as well as milk or milk alternative such as yogurt or hard cheese."

In her survey, Crocker found processed cheese or yogurt strings, "which are not the most nutritious choices in that food group."

Her final concern is about food safety.

"The majority of lunches were missing cooler packs with 92 per cent without," she says. "And several included spaghetti and meat sauce in plastic containers without a cooler pack to keep the food safe."

THE CANADIAN PRESS

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STEELERS COACH MIKE TOMLIN, ON QUARTERBACK CHARLIE BATCH

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Schneider shines in net for Canucks

Backup goaltender makes 23 saves in win over Sharks

CANUCKS	SHARKS
3	1

Cory Schneider recorded 23 saves as he backstopped the Vancouver Canucks to a 3-1 victory over the San Jose Sharks in NHL pre-season action last night.

The Sharks outshot the Canucks 24-22 but Schneider, pencilled in as Vancouver's backup goaltender after three seasons in the minors, was especially sharp in the first and third period and avoided a letdown after facing just two shots in the second.

Schneider improved his pre-season record to 1-2 and made up for a poor performance in an 8-2 loss Sunday in Edmonton.

Mikael Samuelsson, Mason Raymond and Jeff Tambellini scored for the Canucks as they improved to 2-4 in pre-season.

Dany Heatley replied for the Sharks, who dropped to 1-4.

The Canucks iced a mainly veteran lineup while the Sharks left several regulars, including their top centre Joe Thornton, back at home.

Antti Niemi, who backstopped the Chicago Blackhawks to the Stanley Cup title last spring, did go the distance in goal for San Jose.

Vancouver led 2-0 after the first period and 3-1 after the second before a scoreless third.

Samuelsson opened the scoring with his first goal of the pre-season on a power play 5:25 into the game.

After taking a shot from the blue-line that was kicked out by Niemi, the Vancouver winger raced toward the goal and Henrik Sedin fed him with a back-door pass that he easily deposited into a gaping net. Raymond gave the Canucks a 2-0 lead less than six minutes later as he beat Niemi with a sweeping backhand.

The Sharks outshot the Canucks 9-5 in the first, but could not beat Schneider, who is expected to play approximately 20 games this season as No. 1 Roberto Luongo receives more time off than in previous campaigns.

THE CANADIAN PRESS

Scratched

Brendan Morrison and Peter Schaefer, in Canucks camp on tryouts, were both scratched. They have two pre-season games left to make the grade.

JONATHAN HAYWARD/THE CANADIAN PRESS

Canucks defenceman Keith Ballard, right, puts Niclas Wallin of the San Jose Sharks into the boards during pre-season action yesterday.

Deal to send Carmelo to Nets 'dead': Source

A four-way deal that would have sent Carmelo Anthony to New Jersey is "dead," a person with knowledge of the discussions said yesterday.

The person spoke to The Associated Press on condition of anonymity because he wasn't authorized to speak publicly about the trade. Anthony took the court with his Nuggets teammates on the first day of training camp yesterday.

But his days in Denver could very well be numbered even after the four-team deal that also would have included Charlotte and Utah collapsed.

The Nuggets could still listen to offers.

Anthony said after practice that the basketball court has become his "safe haven," a place where he doesn't have to "deal with all the other stuff."

THE ASSOCIATED PRESS

ED ANDRIESKI/THE ASSOCIATED PRESS

"Anytime I step on the court, I'm going to give it my all, regardless of what's going on."

CARMELO ANTHONY

Sports in brief

NFL probing confrontation

PACKERS. The NFL is investigating a confrontation between Green Bay Packers safety Nick Collins and a fan after Monday night's loss to the Chicago Bears at Soldier Field.

Milwaukee's WITI-TV aired video in which Collins is seen yelling at a fan as he left the field. Collins then appears to throw his mouthpiece into the stands. According to the station's report, Collins said the fan spit on him and used a racial slur.

Rays offer free tickets

MLB. Spurred by fan reaction to all-star Evan Longoria's criticism of Tampa Bay's home attendance, the AL East-leading Rays are making 20,000 free tickets available for Wednesday night's game against the Baltimore Orioles.

Longoria called Monday's turnout "disheartening." THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
z-Tampa Bay	94	63	.599	—	—	5-5	W-1	49-31	45-32
z-New York	94	64	.595	½	—	4-6	W-1	52-29	42-35
Boston	87	70	.554	7	6½	5-5	L-1	44-34	43-36
Toronto	81	76	.516	13	12½	7-3	L-1	45-35	36-41
Baltimore	62	95	.395	32	31½	4-6	L-1	34-43	28-52

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	65	.586	—	—	4-6	L-5	52-25	40-40
Chicago	84	73	.535	8	9½	5-5	W-1	41-35	43-38
Detroit	80	76	.513	11½	13	8-2	L-1	52-29	28-47
Cleveland	66	91	.420	26	27½	5-5	W-4	36-43	30-48
Kansas City	65	92	.414	27	28½	5-5	W-2	36-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	87	70	.554	—	—	4-6	L-2	48-28	39-42
Oakland	77	79	.494	9½	16	4-6	L-4	47-34	30-45
Los Angeles	76	80	.487	10½	17	5-5	W-1	41-38	35-42
Seattle	61	96	.389	26	32½	5-5	W-3	35-42	26-54

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	94	64	.595	—	—	7-3	L-1	52-29	42-35
Atlanta	89	69	.563	5	—	5-5	W-2	54-23	35-46
New York	77	79	.494	16	11	4-6	W-3	45-30	32-49
Florida	77	80	.490	16½	11½	4-6	L-3	38-39	39-41
Washington	68	90	.430	26	21	6-4	W-1	41-39	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	88	69	.561	—	—	5-5	W-2	46-30	42-39
St. Louis	81	76	.516	7	7½	5-5	L-1	47-29	34-47
Houston	74	83	.471	14	14½	3-7	L-3	41-37	33-46
Milwaukee	73	83	.468	14½	15	5-5	L-1	40-41	33-42
Chicago	71	85	.455	16½	17	6-4	W-1	35-46	36-39
Pittsburgh	56	101	.357	32	32½	7-3	W-1	40-41	16-60

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	88	68	.564	—	—	6-4	W-1	45-30	43-38
San Diego	87	69	.558	1	1	5-5	L-2	44-34	43-35
Colorado	83	74	.529	5½	5½	2-8	L-3	52-28	31-46
Los Angeles	77	81	.487	12	12	5-5	W-2	43-35	34-46
Arizona	64	92	.410	24	24	6-4	W-2	40-41	24-51

z-clinched playoff berth; x-clinched division

AMERICAN LEAGUE

Last night's results
N.Y. Yankees 6 Toronto 1
Detroit at Cleveland (ppd., rain)
Tampa Bay 5 Baltimore 0
Seattle 3 Texas 1
Chicago White Sox 5 Boston 4
Kansas City 10 Minnesota 1
Oakland at L.A. Angels

Monday's results
Toronto 7 N.Y. Yankees 5
Cleveland 6 Detroit 3
Baltimore 4 Tampa Bay 0
Seattle 7 Texas 5
Boston 6 Chicago White Sox 1
Kansas City 10 Minnesota 8
L.A. Angels 6 Oakland 5

Today's games
(All times Eastern)
Seattle (J.Vargas 9-12) at Texas (Harden 5-5), 2:05 p.m.
Oakland (Cramer 2-1) at L.A. Angels (Pineiro 10-7), 3:35 p.m.
Detroit (Verlander 18-8) at Cleveland (Tomlin 5-4), 7:05 p.m.
N.Y. Yankees (Pettitte 11-3) at Toronto (Cecil 14-7), 7:07 p.m.
Baltimore (Millwood 3-16) at Tampa Bay (Niemann 11-7), 7:10 p.m.
Boston (Beckett 6-5) at Chicago White Sox (F.Garcia 11-6), 8:10 p.m.
Minnesota (S.Baker 12-9) at Kansas City (Hochevar 6-6), 8:10 p.m.

NATIONAL LEAGUE

Last night's results
Washington 2 Philadelphia 1
Atlanta 3 Florida 2
Cincinnati 3 Houston 2
N.Y. Mets 4 Milwaukee 3
Pittsburgh 7 St. Louis 2
L.A. Dodgers 9 Colorado 7
Chicago Cubs at San Diego
Arizona at San Francisco

Monday's results
Philadelphia 8 Washington 0
Atlanta 2 Florida 1 (11 ings.)
Milwaukee at New York (ppd., rain)
St. Louis 6 Pittsburgh 4
L.A. Dodgers 3 Colorado 1
Chicago Cubs 1 San Diego 0

Today's games
Pittsburgh (Ja.McDonald 4-5) at St. Louis (Walters 1-0), 1:40 p.m.
L.A. Dodgers (Kershaw 13-10) at Colorado (J.Chacin 9-10), 3:10 p.m.
Milwaukee (Gallardo 14-7) at N.Y. Mets (Niese 9-10), 4:10 p.m., 1st game
Florida (A.Miller 1-4) at Atlanta (D.Lowe 15-12), 4:35 p.m.
Philadelphia (Blanton 8-6) at Washington (Detwiler 1-2), 7:05 p.m.
Houston (Figueroa 5-4) at Cincinnati (Cueto 12-6), 7:10 p.m.
Milwaukee (Bush 7-13) at N.Y. Mets (Dickey 11-8), 7:40 p.m., 2nd game
Chicago Cubs (R.Wells 8-13) at San Diego (C.Young 1-0), 10:05 p.m.
Arizona (I.Kennedy 9-9) at San Francisco (Lincecum 15-10), 10:15 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	93	64	.592	-

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	89	69	.563	-
San Diego	87	69	.558	1.0
Colorado	83	74	.529	5.5

AMERICAN LEAGUE

YANKEES 6, BLUE JAYS 1

New York	ab	r	h	bi
Jeter ss	4	3	2	1
Swisher rf	3	0	1	0
Golson pr-rf	1	1	0	1
Teixeir 1b	2	0	1	1
ARdrgz 3b	3	0	1	2
Cano 2b	3	0	0	1
Posada c	4	0	1	0
Brkmn dh	3	0	0	0
Thams ph	1	0	1	0
ENunez pr-dh	0	1	0	0
Gmdrs cf	3	0	0	0
Gardnr lf	4	1	2	0
Totals	**31**	**6**	**9**	**6**

Toronto	ab	r	h	bi
Snider lf	4	1	2	1
YEscor ss	3	0	0	0
JBautst rf	3	0	0	0
V.Wells cf	4	0	1	0
Overay 1b	4	0	0	0
A.Hill 2b	3	0	0	0
J.Buck c	3	0	0	0
Encrnc 3b	3	0	0	0
Arencil dh	3	0	0	0
Totals	**30**	**1**	**3**	**1**

New York	101	010	021	**6**
Toronto	001	000	000	**1**

E—J.Buck (5). DP—Toronto 3. LOB—New York 7, Toronto 4. 3B—Gardner (7). HR—Snider (12). S—Swisher. SF—Teixeira, A.Rodriguez, Cano.

	IP	H	R	ER	BB	SO
New York						
Sabathia W,21-7	8 1-3	3	1	1	2	8
Ma.Rivera	2-3	0	0	0	0	0
Toronto						
Drabek L,0-3	6	5	3	3	1	4
Mills	1 1-3	2	2	2	1	1
Roenicke	0	0	0	0	1	0
Purcey	2-3	2	1	1	1	1
Janssen	1	0	0	0	1	2

Roenicke pitched to 1 batter in the 8th.
Purcey pitched to 3 batters in the 9th.
WP—Drabek 2.
Umpires—Home, Mark Carlson; First, Jeff Kellogg; Second, Larry Vanover; Third, Jeff Nelson.
T—2:55. A—18,193 (49,539) at Toronto.

SOCCER

MLS

Tonight's games
(All times Eastern)
Philadelphia at Colorado, 9 p.m.
Chicago at San Jose, 11 p.m.
Saturday's games
Toronto FC at Seattle, 3:30 p.m.
Houston at Philadelphia, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Real Salt Lake at New England, 7:30 p.m.
Kansas City at New York, 7:30 p.m.
Chicago at FC Dallas, 8:30 p.m.
D.C. United at Colorado, 9 p.m.
Sunday's game
Los Angeles at Chivas USA, 8 p.m.

CHAMPIONS LEAGUE

Yesterday's results
First round
Group E
Basel (Switzerland) 1 Bayern Munich (Germany) 2
AS Roma (Italy) 2 Cluj (Romania) 1
Group F
Chelsea (England) 2 Marseille (France) 0
Spartak Moscow (Russia) 3 Zilina (Slovakia) 0
Group G
Ajax (Netherlands) 1 AC Milan (Italy) 1
Auxerre (France) 0 Real Madrid (Spain) 1
Group H
Braga (Portugal) 0 Shakhtar Donetsk (Ukraine) 3
Partizan Belgrade (Serbia) 1 Arsenal (England) 3

ENGLAND

LEAGUE CHAMPIONSHIP

Yesterday's results
Burnley 4 Hull 0
Cardiff 0 Crystal Palace 0
Coventry 2 Doncaster 1
Derby 3 Middlesbrough 1
Leeds 4 Preston 6
Norwich 4 Leicester 3
Nottingham Forest 1 Sheffield United 1
Portsmouth 3 Bristol City 1
Scunthorpe 0 Barnsley 0
Watford 2 Swansea 3
Queens Park Rangers 0, Millwall 0
Reading 1 Ipswich 0

NHL

PRE-SEASON

Last night's results
New Jersey 3 Philadelphia 2
Washington 3 Boston 2
Pittsburgh 4 Chicago 1
Columbus 3 Minnesota 2 (SO)
Colorado 2 Dallas 1
Calgary 3 Phoenix 1
San Jose at Vancouver
Anaheim at Los Angeles
At Dundas, Ont.
Buffalo vs. Ottawa
Tonight's games
Detroit at N.Y. Rangers, 7 p.m.
Nashville at Atlanta, 7 p.m.
N.Y. Islanders (ss) at Philadelphia, 7 p.m.
Washington at Boston, 7 p.m.
Carolina at Florida (ppd., weather threat)
Toronto at Ottawa, 7:30 p.m.
Phoenix at Edmonton, 9 p.m.
Calgary vs. N.Y. Islanders (ss) at Saskatoon, Saskatchewan, 9 p.m.
Vancouver at San Jose, 10:30 p.m.
Tomorrow's games
Buffalo at Montreal, 7:30 p.m.
Chicago at St. Louis, 8 p.m.
Columbus at Minnesota, 8 p.m.
Colorado at Dallas, 8:30 p.m.

SABRES 2, SENATORS 1

First Period
1. Buffalo, Niedermayer (unassisted) 11:31 (sh)
Penalties — Weber Buf (holding) 7:55, Montador Buf (holding the stick) 11:14.
Second Period
2. Ottawa, Wiercioch (unassisted) 19:47 (pp)
Penalties — McCormick Buf (hooking) 3:29, McCormick Buf (fighting), Bass Ott (fighting) 5:48, Benoit Ott (roughing) 7:22, Neil Ott (slashing) 14:58, McCormick Buf (roughing double minor), Gryba Ott (roughing) 18:25.
Third Period
3. Buffalo, Pominville (Adam) 11:14
Penalties — McCauley, Buf, (fighting), 18:19; Carkner, Ott, (roughing, fighting), 18:19.
Shots on Goal by:

Buffalo	6	7	13	26
Ottawa	11	4	5	20.

Goal (shots-saves) — Buffalo, Miller 2-0-0 (20 shots-19 saves). Ottawa, Lehner 1-1-0 (26-24).
Power plays (goals-chances) — Buffalo 0 of 0; Ottawa 0 of 0.
Referees — Bill McCreary, Paul Devorski.
Linesmen — Mark Shewchyk, Derek Amell.
Attendance 980 (980) at Dundas, Ont.

COYOTES 3, FLAMES 1

First Period
1. Calgary, Iginla 2 (Jokinen) 0:17
2. Phoenix, Doan 3 (Wolski) 5:36
Penalties - Jackman Cal (tripping) 7:41, Morris Phx (interference) 10:16, Hagman Cal (slashing) 14:43, Conroy Cal (tripping) 16:47.
Second Period
3. Calgary, Hagman 2 (Backlund) 1:20
Penalties - Pyatt Phx, Pardy Cal (fighting) 1:48, Hanzal Phx (hooking) 9:07, Whitney Phx (hooking) 11:08.
Third Period
4. Calgary, Brodie 3 (Hagman) 5:36
Penalties - Doan Phx (holding) 0:31, Rheault Cal (interference) 2:42, Staios Cal (slashing) 6:10, Morris Phx (elbowing) 12:27, Jackman Cal (tripping) 15:35.
Shots on goal by:

Phoenix	7	6	7-20
Calgary	9	7	11-27

Goal (shots-saves) - Phoenix: LaBarbera (L, 1-1-0); Calgary: Karlsson (W, 2-0-0).
Power plays (goals-chances) - Phoenix: 0-6; Calgary: 0-5.
Referees - Brian Pochmara, Dennis LaRue.
Linesmen - Ryan Galloway, Don Henderson.
Attendance - 19,289 (19,289) at Calgary.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	0	0	1.000	66	51
Green Bay	2	1	0	.667	78	47
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

WEEK 3

Monday's result
Chicago 20 Green Bay 17

WEEK 4

Byes: Dallas, Kansas City, Minnesota, Tampa Bay
Sunday's games
Denver at Tennessee, 1 p.m.
Detroit at Green Bay, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Seattle at St. Louis, 1 p.m.
San Francisco at Atlanta, 1 p.m.
Baltimore at Pittsburgh, 1 p.m.
Carolina at New Orleans, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Houston at Oakland, 4:05 p.m.
Indianapolis at Jacksonville, 4:05 p.m.
Arizona at San Diego, 4:15 p.m.
Washington at Philadelphia, 4:15 p.m.
Chicago at N.Y. Giants, 8:20 p.m.
Monday, Oct. 4
New England at Miami, 8:30 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.
Friday's game
(All times Eastern)
Montreal at Calgary, 9 p.m.
Saturday's games
Saskatchewan at Toronto, 3 p.m.
Winnipeg at B.C., 10 p.m.
Sunday's game
Hamilton at Edmonton, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Announced the resignation of chief operating officer Bob DuPay, effective Oct. 31.
MLBPA—Announced the retirement of chief operating officer Gene Orza, effective March 31, 2011.
NATIONAL LEAGUE
MILWAUKEE BREWERS—Named Dick Groch special assistant to the general manager in charge of pro scouting and player personnel, Zack Minasian director of professional scouting and Karl Mueller director of video scouting and baseball research.

BASKETBALL

NBA

CHARLOTTE BOBCATS—Signed C Matt Rogers.
LOS ANGELES CLIPPERS—Exercised their fourth-year contract option on G Eric Gordon and their third-year option on F Blake Griffin.
SAN ANTONIO SPURS—Signed G Kirk Penney.

FOOTBALL

NFL

ARIZONA CARDINALS—Re-signed CB A.J. Jefferson to the practice squad.
BUFFALO BILLS—Re-signed QB Levi Brown.
CAROLINA PANTHERS—Released DT Louis Leonard.
JACKSONVILLE JAGUARS—Claimed QB Jaguars Trent Edwards off waivers from Buffalo. Waived LB Alvin Bowen.
NEW YORK GIANTS—Placed S Michael Johnson on injured reserve. Promoted DB Brian Jackson from the practice squad.
SEATTLE SEAHAWKS—Signed WR Brandon Stokley, OL Allen Barbre and OL Breno Giacomini. Released RB-FB Quinton Ganther, OL Mike Gibson and OL Mansfield Wrotto. Canadian Football League
WINNIPEG BLUE BOMBERS—Signed RB Jonathan Hefney.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned F Hugh Jessiman to Rockford (AHL). Returned F Ludvig Rensfeldt to Brynas IF (Sweden).
NASHVILLE PREDATORS—Assigned F Matt Halischuk, F Linus Klasen, F Nick Spaling, F Andreas Thuresson, F Kelsey Wilson, D Teemu Laakso, D Grant Lewis, D Brett Palin and G Chet Pickard to Milwaukee (AHL).
NEW JERSEY DEVILS—Assigned D Tyler Eckford, D Olivier Magnan-Grenier, F Patrick Davis, F Stephen Gionta, F David McIntyre, F Brad Mills, F Tim Sestito, F Michael Swift, F Alexander Vasyunov, F Chad Wiseman and F Vladimir Zharkov to Albany (AHL).
NEW YORK ISLANDERS—Agreed to terms with D Mike Mottau on a two-year contract.
ST. LOUIS BLUES—Assigned F T.J. Hensick to Peoria (AHL).

AHL

PROVIDENCE BRUINS—Announced F Jamie Arniel has been assigned to the team by Boston (NHL).

ECHL

IDAHO STEELHEADS—Agreed to terms with D Mike Gabinet.
READING ROYALS—Signed Tim Branham as a player/assistant coach.

LACROSSE

NLL

CALGARY ROUGHNECKS—Signed F Daryl Veltman to a two-year contract and F Brandon Ivey, F Jordan Sealock and G Greg Hallett to one-year contracts.

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5 drive

In brief

Korean car company Kia is following some great new models with its first ever EV, to be shown at the Paris motor show this weekend. The Pop is just three metres long, with a three-seater layout, two upfront and one behind.
METRO WORLD NEWS

Scan code for more car reviews and news

▶ The Si version of the 2010 Honda Civic Coupe looks fast even when it's standing still.

Who says you can't have fun for $26K?

2010 Honda Civic Si adds new meaning to the term 'bang for your buck'
Performance coupe gets you on the fast lane without the gas pump shock

JIM ROBINSON
DRIVE@METRONEWS.CA

Having monster engines with 400 and 500 hp is all well and good, but when it takes the high side of $100 to fill the tank, well, there has to be an alternative.

Honda believes it has an answer to providing performance while staving off gas pump shock with the 2010 Civic Coupe Si.

The Coupe Si shares the same "one-motion" profile concept of the current Civic line with a steep windshield rake, negligible front and rear overhangs, and a reduced gap between the wheel wells and the tires for a sweeping, cohesive appearance.

While the standard Civic Sedan/Coupe has a 1.8-litre engine with 140 hp and 128 lb/ft of torque, the Coupe Si has a model-specific 2.0-litre, DOHC four-cylinder with 197 hp and 139 lb/ft of torque. Honda uses variable valve timing along with all the knowledge gained through motorcycle and Formula One racing to extract the kind of high-revving power that just sings out.

In fact, this car can hit the 7,800 rpm redline so fast, there is a red warning light set high on the dash that starts flashing at 7,400 rpm as you approach top end.

The interior treatment is unique to the Coupe Si with red stitching on the seats and front seat bolsters so big; you almost have to climb in over them.

The Si shows that motoring in a quick and tidy manner does not have to cost the better part of fifty grand.

What the Civic Si does is prove that you can have fun and be practical at the same time, which when you think about it, is what Civics have been all about since 1973.

The specs

2010 HONDA CIVIC SI

- **VEHICLE TYPE** Compact performance coupe
- **PRICE** $25,880
- **ENGINE** 2.0-litre, DOHC in-line four-cylinder engine (197 hp, 139 lb/ft)
- **FUEL ECONOMY** (Premium) 10.2L/100 km city, 6.8L/100 km highway

Next-gen Ford Focus climate-tested to the extreme

The next generation Ford Focus has been tested in some of the most extreme locations on the planet, over frozen lakes, across the hottest deserts and up and down high Alpine passes to ensure impeccable reliability and dependability wherever it is sold.

Ford's climate control test team travels the world to ensure that the car's EATC (Electronic Automatic Temperature Control) system can handle any conditions. The system needs to be able to cool the occupants down quickly and comfortably in scorching sun and warm them up just as rapidly when the temperature drops.

In the next generation Focus, the EATC system cools occupants more comfortably and efficiently than ever before. The fans are quieter and are capable of moving cool air through the cabin more quickly. The team's task is to fine-tune this system.

▶ The upcoming Ford Focus has undergone rigorous climate testing to satisfy every driver's preference.

One of the team's regular testing locations is Antequera in Southern Spain.

In the height of summer this is one of the hottest places in continental Western Europe, with temperatures regularly rising above 40 degrees C.

One of the main challenges for the team is that customers in North America have different preferences to their European counterparts, so the two test vehicles have different calibrations.

North American customers generally like to feel a strong cooling effect while the European customer preference is for the cabin to be cooled but not to feel chilled.

FROM CARGUIDE

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scion

what moves you

BAD DRIVING WRITTEN IN THE STARS?

People will be predisposed to be good or less good at pretty much every endeavour under the sun.

But it always surprises me how clean is the cleave between those who have some grace or intuition behind the wheel, and those whose every drive is fraught with in-trepidation and confusion and anger — like instead of driving they were actually engaged in trying to assemble Ikea furniture.

I remember a performance driving instructor once remarking to me that it was difficult to teach "smoothness" to prospective racing car drivers — they sometimes got quicker, but never smoother than the drivers that started out smooth.

In addition to innate physical or neurological differences, you know that personality type also has to figure into the driving equation. For example, overly aggressive types can be awful drivers, as can be overly timid drivers.

My observation is that people are generally decent drivers, regardless of personality or attributes (physical or otherwise), when they bring "anticipation" and "mechanical sympathy" to the task at hand. Thinking a couple of steps ahead keeps you from having sphincter moments, and understanding a bit about the "horse" underneath you will surely help you from getting thrown off.

Trying to accelerate out of a snow bank by immediately nailing the accelerator is always a telltale sign of someone who has absolutely no bond with his horse.

Of course there is, and always has been, some stereotyping about driving capabilities along gender and age lines — something that's reflected in insurance premiums. For example, teenage boys, who are perceived to be risk takers, pay a lot more than teenage girls.

"I hate that," says Lee Romanov, of InsuranceHotline.com. "This industry (vehicle insurance) is the only one that still allows for ratings based on stereotyping. No one else does that. You have responsible girls and you have responsible boys — that's the bottom line. You shouldn't be quoted based on what they think you might do in the future."

With tongue in cheek (I think), Romanov notes that the biggest influence over how good a driver you are is actually your Zodiac sign. She examined the driving record of over 100,000 people with varying Zodiac signs, and said the results were "overwhelmingly" clear: drivers with certain Zodiac signs seemed destined to have more accidents, while other signs were destined to have more tickets. (See accompanying chart for rankings, and her website, carcarma.com, for your own personal Zodiac driving profile).

Libras are the worst. They're not good at making snap decisions, and their propensity for creating balance and harmony, makes them politely flag drivers through, which often causes others to rear-end them.

What do you think Mr. or Ms. Libra? Were you born bad, or made bad? Or a victim of a conspiracy theory? Either way, food for thought.

Watch the signs

Insurance Hotline's Lee Romanov runs a website called carcarma.com that lists driver types according to zodiac signs (tongue firmly in cheek, of course). Here's the rundown from worst to best:

- **LIBRA** not good at snap decisions
- **AQUARIUS** inflexible and rebellious
- **ARIES** impatient and warrior-like
- **PISCES** sign of directionally-challenged fish, enjoy daydreaming
- **SCORPIO** dominating and vengeful
- **TAURUS** sign of the obstinate Bull, charges red lights
- **SAGITTARIUS** experienced risk takers
- **CAPRICORN** goal oriented
- **VIRGO** attention to detail
- **CANCER** homebodies, view other motorists as family
- **GEMINI** original multi-taskers
- **LEO** Generous, comfortable sharing

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2010 Jeep Patriot North Edition shown.§

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Wise customers read the fine print: •, ±, ≠ & § The New Fall Colours offers apply to retail deliveries of selected new and unused models purchased between September 1, 2010 and September 30, 2010 from participating dealers. Dealer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating dealers for complete details and conditions. •$37,998 Purchase Price applies to 2011 Jeep Grand Cherokee Laredo (26E) only. $14,980 Purchase Price applies to 2010 Jeep Patriot Sport 4x2 (25D) only and includes $3,000 Consumer Cash Discount. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and taxes. Dealer order/trade may be necessary. Dealers may sell for less. See participating dealers for complete details. ±Variable Prime Rate financing up to 84 months is offered on approved credit on most new 2010 and 2011 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to Quebec dealers. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating dealers for complete details. ≠Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services a Chrysler, Jeep, Dodge, Ram dealership to purchase a new 2010 or 2011 vehicle in stock. Customer Choice Financing in Quebec is subject to different terms and conditions. Examples: 2010 Jeep Grand Cherokee Laredo (26E)/2010 Jeep Patriot Sport 4x2 (25D) with a Purchase Price of $37,998/$14,980 financed at 5.99%/5.99% APR over 60/60 months with payments amortized over 79/83 months equals 130 bi-weekly payments of $270.45/$102.00 and one final payment of $10,355.00/$13,245.39 for a cost of borrowing of $7,515.61/$3,062.89 and a total obligation of $45,513.61/$18,042.89. Taxes, licence, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Dealers may sell for less. See participating dealers for complete details. §2010 Jeep Patriot North Edition shown. Price including applicable Consumer Cash Discount: $19,395. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and taxes. Dealer order/trade may be necessary. Dealers may sell for less. ‡Based on Ward's 2010 Midsize SUV classification. ¤Based on 2010 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

Impreza's got loyal fans

Subaru model may not be very popular but enthusiasts share a special bond with sporty car

If you enjoy performance driving, then a pre-owned Subaru Impreza may be the car for you.

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Subaru Impreza has always been an enthusiast's car that packed quirky styling, unique powertrains and earned a loyal following of fans after year-round sporty performance.

All models, including the last-generation (2002 to 2007 model years inclusive), got a decision-free All Wheel Drive (AWD) system and horizontally-opposed four-cylinder boxer engine. The boxer engine sets the pistons against one another in a flat, wide configuration which lowers the car's centre of gravity for more nimble handling. It sits closer to the road than a traditional in-line engine, and is easily dislodged in the case of an accident- making it a safety feature as well.

2006 saw the engine updated, upping power output slightly to 173 ponies. Automatic or manual transmissions are both available.

Models from 2004 and onwards were fitted with upgraded suspension components for a better ride, as well as added convenience features. Depending on the model and year, look for features like power windows, mirrors, locks, air conditioning, cruise control and tilt steering.

The specs

- **MODEL** 2002 to 2007 Subaru Impreza
- **VEHICLE TYPE** Sedan or five-door
- **APPROXIMATE USED PRICE RANGE** $6,000 to $25,000

What Owners Like

Not surprisingly, last-generation Impreza owners mostly enjoy the vehicle's driving experience, winter-time traction, performance and the added utility of the five-door model.

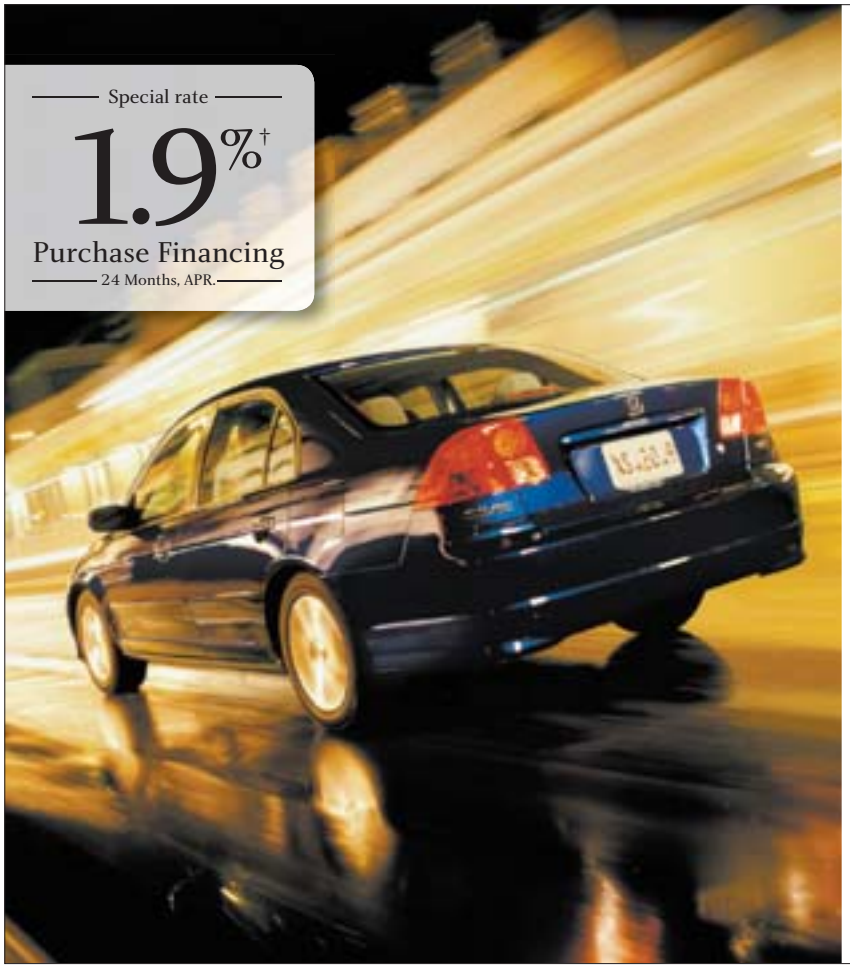
What Owners Hate

Common complaints include a rough ride on some models, as well as limited rear-seat space, controversial styling on certain models, and a plain, low-key appearance.

Common issues

On earlier models, a possibly faulty clutch line and slave cylinder may result in a limp clutch pedal. Squeaks and rattles are the next most commonly reported problems.

Though largely proven and known to be 'bulletproof', the Impreza did suffer from what appears to be a fairly common head-gasket related problem.



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2011 F-350 CC Lariat Diesel 4x4 amount shown

2010 F-150 Super Cab XLT 4x4

Employee Price Adjustment	$4,206
Delivery Allowance	$5,250
Total Price Adjustment	$9,456

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Ford Credit Cash (When financing)	$1,500
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Offers include $1,500 freight and air tax.

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2011 **FIESTA** S SEDAN	$405	$0	$405	$13,944	$500
2011 **FOCUS** SE WITH SPORT PACKAGE	$1,200	$1,000	$2,200	$17,249	$1,000
2011 **FUSION** S	$915	$0	$915	$20,534	$1,000
2011 **ESCAPE** XLT I-4 AUTOMATIC	$1,891	$1,750	$3,641	$23,458	$1,000
2010 **RANGER** SUPER CAB SPORT 4X2 AUTOMATIC	$1,769	$4,000	$5,769	$16,730	$1,000
2011 **EDGE** SE	$1,500	$0	$1,500	$27,999	$1,000
2010 **F-150** SUPER CAB XLT 4X4	$4,206	$5,250	$9,456	$29,443	$1,500
2011 **F-350** CREW CAB LARIAT DIESEL 4X4	$8,339	$3,750	$12,089	$57,260	$1,500

All offers include freight & air tax.

PLUS eligible consumers can receive up to an additional $5,500 in incentives on select new 2010 & 2011 models.▲▲

Only Ford lets you recycle your **2003 or older** vehicle and get up to **$3,300**▼ towards most new Ford vehicles.

This offer is in addition to incentives currently offered when combined with the $300 available from the Retire Your Ride program, funded by the Government of Canada on qualifying vehicles of model year 1995 or older. Incentives range from $1000 to $3000. Visit ford.ca for details.

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The new vehicle must be delivered or factory ordered during the Program Period from your participating Ford Dealer. This offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Employee Pricing is rainchecktable and combinable with the Commercial Connection Program but not combinable with CPA, GPC, CFBP, Daily Rental Allowance, A/X/Z/D/F-Plan and A/Z-Plan Loyalty program incentives. ▲▲Purchase a new 2011 Fiesta S Sedan / 2011 Focus SE with Sport Package / 2011 Fusion S / 2011 Escape XLT I-4 Automatic / 2010 Ranger Super Cab Sport 4x2 Automatic / 2011 Edge SE / 2010 F-150 Super Cab XLT 4x4 / 2011 F-350 Crew Cab Lariat Diesel 4x4 for $13,944 / $17,249 / $20,534 / $23,458 / $16,730 / $27,999 / $29,443 / $57,260 respectively after Total Price Adjustment ($405 / $2,200 / $915 / $3,641 / $5,769 / $1,500 / $9,456 / $12,089 is deducted) Total Price Adjustment is a combination of Employee Price Adjustment ($405 / $1,200 / $915 / $1,891 / $1,769 / $1,500 / $4,206 / $8,339) and delivery allowance of $0 / $1,000 / $0 / $1,750 / $4,000 / $0 / $5,250 / $3,750). Taxes payable on Total Price Adjustment before Offer amount is deducted. Offer valid from Sept. 1/10 to Nov. 1/10 (the "Offer Period") only to resident Canadian costco members in good standing, active as of August 31, 2010. Use this $1,000 CDN costco member offer towards the purchase or lease of a new 2010 / 2011 Ford or Lincoln (excluding Fiesta, Focus, Ranger, Shelby GT500, F-150 Raptor, F-650/F-750) (each an "Eligible Vehicle"). This offer is rainchecktable. The new vehicle must be delivered and/or factory-ordered from your participating Ford Motor Company of Canada ("Ford") dealer during the Offer Period. Offer is not combinable with any other costco member offer. Offer is combinable with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Taxes payable before Offer amount is deducted. ▼Program in effect from July 1 to September 30, 2010 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYRP") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" delivered by Summerhill Impact with financial support from the Government of Canada, or Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", which offers $300 CDN, customer must trade in a vehicle that is registered and insured in his/her name and has been in his/her possession for the last 90 days, and which is model year 1995 or older, and is in operating condition. To qualify for the "Car Heaven Program", which offers $1,000 to $3,000 CDN, customer must trade in a vehicle that is registered and insured in his/her name and has been in his/her possession for the last 90 days, and which is model year 1995 or older, and is not in operating condition. Customer must scrap vehicle at participating Car Heaven or Retire Your Ride. Ford of Canada ("Ford") will provide an additional Rebate, with the purchase or lease of an eligible new 2010 / 2011 Ford or Lincoln vehicle, in the amount of $1,000 CDN (Focus, Fusion Mustang, Transit Connect, Ranger), $2,000 CDN (Taurus, Escape, Edge, Flex, Explorer, Sport Trac), or $3,000 CDN (F150, F250-350, E-Series, Expedition, MKZ, MKS, MKX, MKT, Navigator) (each an "Eligible Vehicle"). Rebate amount may be used as a down payment or received as cheque from Ford, but not both. RYR Rebates are available to residents of Canada only excluding Northwest Territories, Yukon Territory, and Nunavut. Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Rebates are rainchecktable. Rebates not available on any vehicle receiving CPA, GPC, Commercial Connection, or Daily Rental Allowances incentives. Customer may use the Offer amount as a down payment, or choose to receive a rebate cheque from Ford of Canada, but not both. Taxes payable before Offer amount is deducted. ▲Offer valid from Sept. 1/10 to Nov. 1/10 (the "Offer Period") only to resident Canadian costco members in good standing, active as of August 31, 2010. Use this $1,000 CDN costco member offer towards the purchase or lease of a new 2010 / 2011 Ford or Lincoln (excluding Fiesta, Focus, Ranger, Shelby GT500, F-150 Raptor, F-650/F-750) (each an "Eligible Vehicle"). This offer is rainchecktable. The new vehicle must be delivered and/or factory-ordered from your participating Ford Motor Company of Canada ("Ford") dealer during the Offer Period. Offer is not combinable with any other costco member offer. Offer is combinable with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Taxes payable before Offer amount is deducted. ▼Program in effect from July 1 to September 30, 2010 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYRP") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" delivered by Summerhill Impact with financial support from the Government of Canada, or Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", which offers $300 CDN, customer must trade in a vehicle that is registered and insured in his/her name and has been in his/her possession for the last 90 days, and which is model year 1995 or older, and is in operating condition. To qualify for the "Car Heaven Program", which offers $1,000 to $3,000 CDN, customer must trade in a vehicle that is registered and insured in his/her name and has been in his/her possession for the last 90 days, and which is model year 1995 or older, and is not in operating condition. Customer must scrap vehicle at participating Car Heaven or Retire Your Ride. Ford of Canada ("Ford") will provide an additional Rebate, with the purchase or lease of an eligible new 2010/

Power to electric steering

Ford's system cuts down fuel usage Tech available in new Ford F-150

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

▶ The 2011 Ford F-150 uses the electric power-assist steering (EPAS) system.

Cars are easy to drive because of power steering, which reduces the effort needed for the driver to turn the front wheels. Traditionally this has been done with a fluid-filled hydraulic pump, but today, many automakers are turning to electric power-assisted steering (EPAS), which uses an electric motor instead.

Ford uses the system on its 2011 F-150 pickup truck. It's variable-assist, meaning that the steering feels lighter at low speeds so it's easy to steer when parking, and gets tighter at high speeds to give the driver confidence.

"It saves up to four per cent fuel economy, versus a hydraulic system where the pump runs all the time whether you're steering or not," says Garry Smith, EPAS supervisor for Ford.

The system combines information from a variety of sensors, including those that measure vehicle speed and steering wheel position, and determines how much assist to provide. More commonly found in cars, Smith says this is the first time EPAS has been used in a volume-production truck.

"The challenge was to steer a heavy vehicle with only 12 volts available," Smith says. "That was the key hurdle to putting it in a truck. There's only so much electrical power available with a typical 12-volt battery system in a truck, and this pulls a lot of current.

"We use an intelligent energy management system that always puts power to things like the steering or the headlights, and draws it from others to even out the energy load. If you're using the power steering a lot, when you're making several turns, it will turn things like the heated seats and rear defroster off and then back on."

Steering facts

- Hydraulic power steering pumps run all the time, powered by the engine, which uses more fuel because of it.
- Electric power steering works only when needed and is operated by an independent electric motor, and can improve fuel economy by about 4 per cent. Electric power steering is also maintenance-free, unlike hydraulic pumps, which must be filled with hydraulic oil that should be periodically changed.

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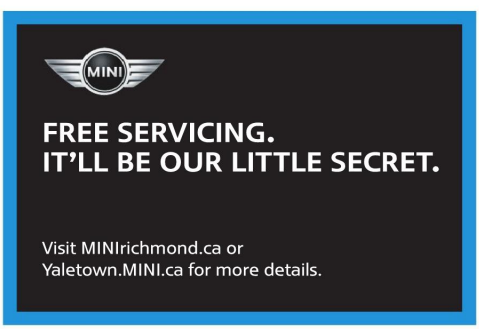

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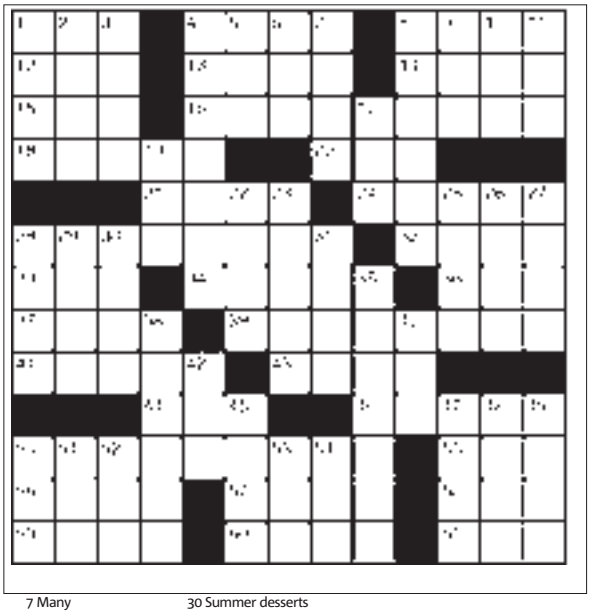
Crossword



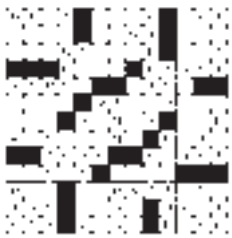
Across

1 Honest politician
4 Spring
8 Unrivaled
12 Water barrier
13 Frizzy coiffure
14 State with certainty
15 Sapporo sash
16 Rodgers and Hammerstein musical
18 John's 2008 running mate
20 Vast expanse
21 Salon request
24 Wept
28 Accesses to greens
32 Busy with
33 Curved path
34 Struck, old-style
36 Pool stick
37 Maintain
39 Don't cheat
41 Simplifies
43 "Sopranos" actress de Matteo
44 As well
46 Perjury
50 "Cinderella", e.g.
55 — de Oro
56 Hodgepodge
57 Foolish sort
58 Lennon's lady
59 $50 "Monopoly" payment
60 Automaker Ransom Eli —
61 Homer's neighbor

Down

1 Commotions
2 Rum cake
3 Eastern potentate
4 Kidney-shaped nuts
5 Frequently
6 Playwright Levin
7 Many
8 Jungle trek
9 Eggs
10 Mainlander's memento
11 Mess up
17 Common Mkt.
19 Taxpayer's mo.
22 Freeway access
23 "— Kentucky Home"
25 Erstwhile Peruvian
26 Needle case
27 Active one
28 Counterfeit
29 Vicinity
30 Summer desserts
31 Celeb
35 Holes for shoelaces
38 Fuel for a Bentley
40 Actress Wray
42 Sauce source
45 Sgt. Snorkel's dog
47 Press
48 Baseball team
49 Suitable
50 Watch chain
51 Carte lead-in
52 Midafternoon, on a sundial
53 Piercing tool
54 Cover

▶ Yesterday's answer



Sudoku

	9		2				4	
			5				1	8
		8	7		4	9	5	
	3	1						
9								2
						7	3	
	5	2	6		9	3		
7	6				2			
	4				8		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	8	4	7	9	3	2	1
9	3	1	6	2	8	4	5	7
7	2	4	3	5	1	8	9	6
1	5	2	7	8	4	9	6	3
8	9	6	2	3	5	1	7	4
4	7	3	1	9	6	5	8	2
6	8	7	9	1	3	2	4	5
2	1	9	5	4	7	6	3	8
3	4	5	8	6	2	7	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Karen, my snuggley wuggly fuggly, I'm soooooo happy to be sharing in this one-month anniversary with you. Your the cutest. **DANNY XOXOXOINFINITY.**

Cody.. This is just a little kiss to tell you thank you for always supporting me no matter what. You are truly a gift and I couldn't be happier. You have my heart and that will ever change. I love you! – **NICOLE AKA GORGEOUSNESS**

To my Sweet Pea, just to let you know how much you mean to me, you're my sunshine, I light up when I'm with you, my soulmate, you're caring, and you're an incredible friend & more, love you lots – **AMORE XOXO**

Jenny Pooh, You are an Amazing Lady and I Love You so much. Let's make US a Life together and be Happy, Fulfilled and full of Love! Forever Yours. **POOH BEAR**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you see something you desire today just reach out and take it. Cosmic activity guarantees that someone will try to stop you but you're an Aries, you always win. Be fast and be first.

♉ Taurus April 21-May 21 New methods and new routines are not an option, they are a must. If you don't keep up with the latest developments in your work and creative activities you will get left behind.

♊ Gemini May 22-June 21 Everything seems to be going right for you now without much of an effort on your part. But don't take too much for granted. Challenges and setbacks are a fact of life, so be ready for them every day.

♋ Cancer June 22-July 22 Upheavals in the domestic sphere are likely now but if you take them in your stride and refuse to get angry you will come through unscathed. Don't try so hard to please other people.

♌ Leo July 23-Aug.23 If you need to go back on a promise or in some other way let a friend down today then do it quickly and get it over with. They won't be happy but you can make it up to them later.

♍ Virgo Aug. 24- Sept. 22 Ignore what everyone else says you should be doing and do what feels right to you. While Mercury remains in your sign you are more likely than they are to see your situation clearly.

♎ Libra Sept. 23-Oct. 23 Play to your strengths today and let other people conform to what you want to do. This is your time of the year and you really don't have to change your outlook in any way at all.

♏ Scorpio Oct. 24-Nov. 22 Is your mind clear? Do you know what needs to be done? These are important questions and until you have answered them fully you would be wise to hold back from initiative.

♐ Sagittarius Nov. 23-Dec. 21 You may be tempted to get involved in a friend's private affairs but before you go sticking your nose in, you might like to consider what their reaction is likely to be.

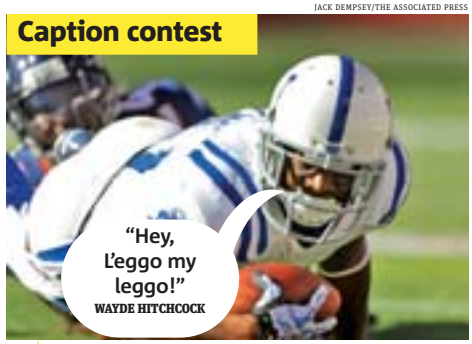
♑ Capricorn Dec. 22-Jan. 20 You are determined to prove you have what it takes — yes, even more so than normal. You are so fired up with ambition that you won't let anything stand in your way.

♒ Aquarius Jan. 21-Feb. 18 A touch of ruthlessness, both with yourself and with other people, may be needed today, especially if you find yourself in a situation where conditions make it difficult to get moving.

♓ Pisces Feb. 19-March 20 You don't have to do things the way they have always been done. You don't have to tread the same path as everyone else. Life is yours to do with as you wish, so follow your dream. **SALLY BROMPTON**

Caption contest

JACK DEMPSEY/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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